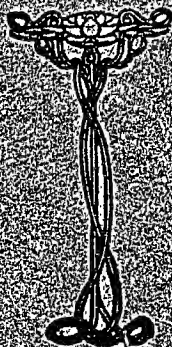


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Tried Recipes and Domestic
Wrinkles



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Price 50 cents.

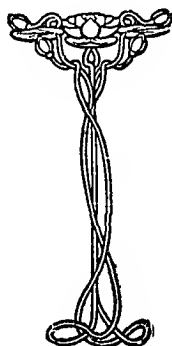
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REGINA, SASK.

E. A. Patton Regina

Sask.

AN **OLIO** OF
Tried Recipes and Domestic
Wrinkles



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ALPHA GUILD
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Price 50 cents.

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LUNCHEON AND SUPPER DISHES

"Light Suppers Make Long Lives."

MOULDED SALMON AND CUCUMBER SAUCE.

1 can salmon.	Yolks of 2 eggs.
$\frac{1}{2}$ tablespoonful salt.	$1\frac{1}{2}$ tablespoons melted butter.
$\frac{1}{2}$ tablespoon flour.	$\frac{3}{4}$ cup milk.
$1\frac{1}{2}$ tablespoons sugar.	$\frac{1}{4}$ cup vinegar.
1 teaspoon mustard.	$\frac{3}{4}$ tablespoon granulated gelatine.
Few grains cayenne.	

2 tablespoons cold water.

Remove salmon from can. Rinse thoroughly with hot water and separate in flakes. Mix dry ingredients, add yolks of eggs, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine, soaked in cold water. Fill individual moulds, chill and serve with cucumber sauce.

CUCUMBER SAUCE.

Beat $\frac{1}{2}$ cup heavy cream until stiff, add $\frac{1}{4}$ teaspoon salt, a few grains of pepper, and gradually 2 tablespoons vinegar. Then add 1 cucumber, pared, chopped and drained.

Mrs. Walter Scott.

SWISS EGG AND CHEESE.

Spread bottom of baking dish with grated cheese. Place 4 eggs over cheese, taking care not to break yolks. Season with salt and pepper. Pour around the eggs 2 tablespoons cream and cover the top with grated cheese. Bake ten (10) minutes.

Mrs. T. Jackson Wray.

NUT ROAST.

2 cups nuts.	2 crackers rolled to crumbs.
2 cups boiled rice.	2 eggs.

Salt, pepper, onion or any seasoning. Bake 20 minutes.

Mrs. T. Jackson Wray.

LUNCHEON EGGS.

Boil eggs till very hard, scoop out the centre after cutting off one end. Mash the yolks with chopped chicken, moistening with salad dressing.

Miss B. Billington.

CRUMPETS.

One tablespoon melted butter, add one egg, $1\frac{1}{2}$ gills milk (beat well), $1\frac{1}{2}$ teaspoons baking powder sifted with $2\frac{1}{2}$ gills flour. Bake in muffin rings in very hot oven five minutes. Must be made and baked quickly.

Miss Muriel Allan.

ESCALLOPED EGGS.

Boil 6 eggs hard. Put $1\frac{1}{4}$ cups milk in saucepan and add $\frac{1}{4}$ cup grated cheese, then add $1\frac{1}{2}$ tablespoons flour, stir until creamy. Take eggs and cut up, putting 1 layer of eggs, a little salt and pepper and one layer of sauce alternately. Bake 10 minutes.

Miss Muriel Allan.

SALMON LOAF.

1 pound canned salmon.	1 tablespoon melted butter.
3 eggs.	1 teaspoon salt.
$\frac{1}{2}$ cup bread crumbs.	$\frac{1}{8}$ teaspoon pepper.
1 tablespoon minced parsley.	

Chop salmon; add egg yolks, beaten, the crumbs, seasoning and the egg whites, beaten stiff. Bake in buttered tin 30 minutes.

Miss B. Billington.

SCALLOPED EGGS

Start with hard boiled eggs sliced. Butter the dish before putting layer of slices of eggs, salt, pepper, layer of bread crumbs; fill the dish with alternate layers of egg, bread crumbs, white sauce; for the top use buttered crumbs (4 tablespoons melted butter to 1 cup crumbs). Bake until brown in moderate oven.

CHEESE SAUCE.

1 cup milk.	1 tablespoon flour.
1 tablespoon butter.	Speck of cayenne.
Speck of soda.	Salt.

From $\frac{1}{4}$ to $\frac{1}{2}$ cup of grated cheese.
Make the cheese sauce and pour it over boiled macaroni. Re-heat.

BOILED MACARONI.

Cook macaroni in boiling salted water 20 minutes, or until soft. Drain in strainer, pour over it cold water.

Miss Myrtle Phillips.

DATE LOAF.

3 cups graham flour. 1 teaspoon soda.
1 cup brown sugar. 1 teaspoon salt.
1 pound dates. 2 cups sour milk.

Mix and bake in loaf.

Mrs. L. M. Larson.

DELMONICO POTATOES

Cream potatoes, add 1 cup grated mild cheese, arranging potatoes and cheese in alternate layers. Cover with butter, crumbs and bake until crumbs are browned.

Miss Myrtle Phillips.

SCALLOPED CORN.

1 can corn. 2 eggs (separated).
 $\frac{1}{2}$ cup milk. 2 tablespoons melted butter.
Add milk, butter, yolks of eggs, salt, pepper and pinch of sugar to corn. Beat and fold in the beaten white of eggs. Pour into buttered baking dish, sprinkle with bread crumbs and bake 20 minutes.

Mrs. W. P. Wells.

ITALIAN MACARONI.

Boil $\frac{1}{2}$ package macaroni in salted water 20 minutes. In another vessel heat two tablespoons olive oil, in which fry two large onions, then add the pulp of 1 can tomatoes. Season with cayenne pepper and salt. Add macaroni, cook all together for few minutes, stirring often. A good dish to prepare in a chafing dish.

BAKED EGGS.

Put required number of eggs in a pan containing melted butter. Spread thickly with grated cheese, pepper and salt. Bake in hot oven about five minutes.

Miss Ethel Jamieson.

BROWN STEW WITH DUMPLINGS.

Frizzle $\frac{1}{2}$ cup suet in saucepan, when smoking hot add $1\frac{1}{2}$ pounds of round steak cut in small pieces. Shake over fire till well browned. Stir in a heaping tablespoon of flour, add 2 cups boiling water, season with salt and pepper. Put on back of stove. Let simmer $1\frac{1}{2}$ hours.

Dumplings:

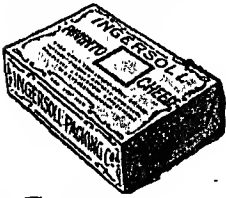
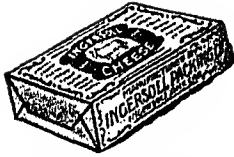
1 cup flour.

Salt.

1 teaspoon baking powder.

Add milk to make stiff batter. Drop in spoonfuls on stew and cook 15 minutes. Do not lift the lid while dumplings are cooking.

Miss Eva M. Clare.



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CHEESE STRAWS.

- | | |
|----------------------|--------------------------------|
| 2 ozs. cheese. | 2 ozs. flour. |
| 2 ozs. butter. | $\frac{1}{2}$ teaspoon salt. |
| 2 ozs. bread crumbs. | $\frac{1}{2}$ teaspoon pepper. |

(Bread dried in oven and then grated.)

Mix ingredients into stiff paste, using a little ice cold water, put on ice for an hour. Roll $\frac{1}{4}$ -inch thick. Bake 5 minutes.

Miss Eva M. Clare.

NUT CROQUETTES.

- | | |
|---------------------------------------|--------------------------------------|
| 1 cup roasted peanuts,
(chopped). | $\frac{1}{2}$ teaspoon white pepper. |
| 2 cups mashed potatoes. | 1 teaspoon salt. |
| $\frac{1}{4}$ teaspoon grated nutmeg. | 1 teaspoon onion juice. |
| 1 beaten egg. | 1 tablespoon chopped parsley. |

Mix and form into neat croquettes. Dip in flour, then brush over with beaten egg, roll in fine bread crumbs and fry in smoking hot fat.

IRISH BREAD.

- | | |
|----------------------|-----------------------------|
| 3 cups flour. | 1 teaspoon salt. |
| 2 tablespoons sugar. | 1 cup currants and raisins. |
| 1 teaspoon soda. | 2 cups thick sour milk. |

Mix dry ingredients, then add the sour milk, and lastly the currants and raisins, which have been mixed with a little of the flour. Bake $1\frac{1}{2}$ hours.

Miss Elizabeth McCaffery.

CHEESE STRAWS.

- | | |
|----------------------------------|------------------------|
| 1 cup flour. | 1 even saltspoon salt. |
| $\frac{3}{4}$ cup grated cheese. | The same of pepper. |
| 1 tablespoon butter. | A little nutmeg. |
| $1\frac{1}{2}$ tablespoons milk. | Yolk 1 egg. |

Mix dry ingredients together, add egg, milk and butter softened. When the dough is smooth roll thin, cut into strips 4 inches long. Bake slowly for 15 minutes.

CHEESE STRAWS.

- | | |
|-----------------------------|-------------------------|
| 2 oz. butter. | Pinch salt. |
| 2 oz. flour. | 1 teaspoon yolk of egg. |
| 2 oz. grated cheese. | 1 teaspoon lemon juice. |
| Small pinch cayenne pepper. | 1 teaspoon water. |

Rub butter, flour and cheese well together and add other ingredients. Knead lightly and roll out $\frac{1}{4}$ -inch thick. Cut into straws and bake on buttered sheet 7 to 10 minutes in quick oven.

Miss Monica Page.

DEVILLED EGGS.

Boll eggs 20 minutes; cut in halves and remove yolks, mash them up and mix with a little chopped lettuce and onion. Add mustard, salt and pepper to taste and moisten the whole with vinegar. Stuff the whites of the eggs with this mixture.

Mrs. A. C. Paterson.

DRESSED CRAB—(In Shell.)

Pick out all the meat of the crab and mix thoroughly with a little mustard, pepper and vinegar—no salt. Put back in shell, cover with bread crumbs and small pieces of butter and bake 20 minutes to half an hour, according to size of crab.

Mrs. Beckton.

CHEESE FILLING.

For crackers, sandwiches and filling celery sticks. 2 or 3 finely chopped hard boiled eggs. Double this quantity of grated cheese. Flavor with onion juice, fresh or powdered dried parsley, cayenne pepper and salt to taste. Moisten with salad dressing to a paste.

Miss Sproule.

NUT CUTLETS—(Vegetarian.)

1 teacup bread crumbs.	Yolk of 1 egg.
$\frac{1}{2}$ teacup boiling milk.	$\frac{1}{2}$ oz. ground walnuts.
Butter size of a walnut.	1 teaspoon onion juice.

Pour boiling milk on bread crumbs and butter. When cold add the other ingredients with a little pepper and salt. Dip in egg and bread crumbs, and fry in boiling fat.

Mrs. Beckton.

BEEF LOAF.

2 lbs. chopped beef.	2 eggs.
1 lb. salt pork.	Butter size of an egg.
1 cup sweet milk.	2 teaspoons pepper.
$\frac{1}{2}$ cup bread crumbs.	2 teaspoons salt.

Mould into a loaf. Put lump of butter on top and bake two hours in slow oven, basting often.

Mrs. W. P. Wells.

YORKSHIRE PUDDING.

$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ teaspoon salt.
2 eggs, well beaten.	$\frac{1}{2}$ teaspoon baking powder.

Bake in beef dripping $\frac{1}{2}$ hour. Baste while cooking.

Mrs. Jas. McAra.

CHEESE SOUFFLE.

2 teaspoons butter.	½ theaspoon salt.
3 tablespoons flour.	A pinch of cayenne.
½ cup scalded milk.	½ cup grated cheese.

3 eggs.

Melt butter, add flour and when well mixed add gradually scalded milk, salt, cayenne and cheese. Remove from fire, add yolks of eggs. Cool mixture and fold in white of eggs. Bake 20 minutes.

MACARONI AND CHEESE.

2 to 3 cups macaroni.	2 cups milk.
½ cup grated cheese.	2 eggs.
1 teaspoon cayenne pepper.	1-3 cup melted butter.

1 cup cracker crumbs.

Break macaroni into inch lengths and cook in boiling salted water (one teaspoon to one quart of water) 20 minutes. Drain and cover with cold water and drain again. Put a layer of macaroni in a pudding dish, then a layer of cheese and a pinch of cayenne, then more macaroni and cheese until it is all used up. Beat eggs and add milk, then pour over macaroni. Turn melted butter over cracker crumbs and stir with a fork until each crumb is coated. Put this over the last layer of cheese. Bake to a golden brown (1 hour).

Miss Winnifred M. Styles.

WHITE NUT BREAD.

1 teaspoon butter.	2 cups flour.
½ cup sugar.	2 level teaspoons baking powder.
1 egg.	
1 small cup milk.	½ cup chopped walnuts.

Mix the sugar and butter together and then the egg slightly beaten. After adding the milk mix in slowly the 2 cups of flour and baking powder, then the nuts. Put into pans and let rise for 20 minutes and bake for 1 hour.

Miss Lucy E. Styles.

PICKLE FOR TONGUE.

1 lb. salt.	3 ozs. saltpetre.
¼ lb. demarara sugar.	A little pepper.

Rub this mixture well in, turning the tongue every day. Will be ready for use in 12 or 14 days.

To boil:—Place in a stewpan with plenty of cold water and a bunch of herbs. Let it gradually come to the boil. Skim well and simmer very gently until tender. Peel off skin. A large tongue will take 4 or 4½ hours. A small one about 3 hours to cook.

Mrs. Imrie.

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BEEF SOUFFLE.

2 cups chopped beef.	1 teaspoon onion juice.
Salt, pepper.	1 cup bread crumbs.
1 teaspoon chopped parsley.	2 cups white sauce.
2 eggs, well beaten.	

Cook in moderate oven for 15 minutes.

Sauce (white)—1 pint of milk, scalded, 2 tablespoons flour and butter, mixed with water.

CREPES.

Beat 1 lb. of sifted flour with 2 yolks of eggs, 1 teaspoon salt, milk enough to make a batter, vanilla and cinnamon. Add $\frac{1}{2}$ a yeast cake and let rise for $\frac{1}{2}$ an hour. Fry in a butter frying pan in cakes, each pancake to be fried on both sides. Serve with sugar or jelly.

Miss Footmans.

NUT LOAF.

1 cup walnuts, broken.	2 teaspoons baking powder.
1 cup dates, cut in half.	1 egg.
1 cup granulated sugar.	1 cup milk.

Flour to make a stiff batter. Let rise 15 minutes. Bake in slow oven $\frac{3}{4}$ of an hour, or until when tried with a straw comes out dry.

Housewife.

CHEESE SOUFFLE.

2 tablespoons butter.	1 cup milk.
2 tablespoons flour.	Pinch of salt.

Make as white sauce and add 1 cup cheese chopped or grated, 3 yolks of eggs beaten until light. When cheese is melted let cool and add 3 whites beaten stiff and bake 25 minutes. Sprinkle chopped parsley over top before serving.

Miss Ethel Jamieson.

BROWN BREAD—STEAMED.

2 teacups graham flour.	$\frac{1}{2}$ cup molasses.
2 teacups white flour.	2 teaspoons soda, dissolved
2 teacups sweet milk.	in the milk.
A little salt.	

Add raisins if desired. Turn into well buttered coffee tin (with cover on) and steam three hours.

Mrs. Corbett.

PICNIC EGGS.

Take the required number of eggs and boil hard. Remove shells and chill. Coat each egg with seasoned sausage meat and fry in deep fat. Serve cold on lettuce leaf.

Miss Alice McAra.

PINEAPPLE AND STRAWBERRY MARMALADE.

To 3 boxes strawberries take 1 pineapple. Cut in small pieces after paring and cook until tender in a little water. Then to each basket of berries add 1½ cups white sugar. Cook all together until thick.

Mrs. Corbett.

QUICK BROWN BREAD.

2 cups graham flour.	2 cups sour milk.
2 cups white flour.	2 teaspoons soda.
1 cup molasses.	1 teaspoon salt.

Mix dry ingredients and add molasses and sour milk with soda dissolved in sour milk. Stir well and turn in well buttered pan and bake 1 hour in rather slow oven. A few raisins may be added.

Mrs. Corbett.

CHEESE AND PIMENTO ROLLS.

2 tablespoons butter.	2 level tablespoons cream
2 pimentos.	cheese.

Beat together until creamy and then spread on thin slices of fresh bread and roll. Place the rolls on lettuce leaves and serve.

Miss Lucy E. Styles.

BEEFSTEAKS.

Forcemeat for stuffing:	Salt.
Bread crumbs.	Little chopped parsley.
Minced suet.	1 egg.

Preparation:

Cut the steaks. Prepare a forcemeat of bread crumbs, minced suet, a little chopped parsley and salt. Beat up one egg and mix it well together and put a little bit of the forced meat over the steaks. Roll and tie them up with a tape. Make them so as to stand upon their ends. When you are to cook them take a stewpan that will just hold them all. Brown a piece of butter with flour, brown the olives well, add a little boiling stock or water, a few small onions. whole. Put on the cover close, stew slowly for 2 hours. Add a little cayenne and catsup.

Mrs. Pithie.

PARKER HOUSE ROLLS.

- | | |
|-----------------------------|-------------------------------|
| 1 cake Fleischmann's yeast. | 4 tablespoons lard or butter, |
| 1 pint milk, scalded and | melted. |
| cooled. | 3 pints sifted flour. |
| 2 tablespoons sugar. | 1 teaspoon salt. |

Dissolve yeast and sugar in lukewarm milk, add lard or butter and $1\frac{1}{2}$ pints flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light. Then add remainder of flour, or enough to make a dough, and lastly the salt. Knead well. Place in a greased bowl. Cover and let rise in a warm place for about $1\frac{1}{2}$ hours, or until double in bulk. Roll out $\frac{1}{4}$ -inch thick. Brush over lightly with butter, cut with 2-inch biscuit cutter, crease through centre with dull edge of knife, fold over in pocketbook shape. Place in well-greased, shallow pans 1 inch apart. Cover and let rise until light, about $\frac{3}{4}$ of an hour. Bake ten minutes in hot oven.

MOCK BISQUE.

- | | |
|------------------------------|--------------------------------|
| $\frac{1}{2}$ can tomatoes. | 1 slice onion. |
| 2 teaspoons sugar. | 4 tablespoons flour. |
| $\frac{1}{2}$ teaspoon soda. | 1 teaspoon salt. |
| 1 quart milk. | $\frac{1}{8}$ teaspoon pepper. |

$\frac{1}{4}$ cup butter.

Scald milk with onion. Remove onion and thicken milk with the butter and flour rubbed together. Cook 20 minutes. Cook tomatoes with sugar 15 minutes. Add soda and rub through a sieve. Combine mixtures and strain into tureen over salt and pepper.

RICE AND TOMATOES.

Boil 1 cup rice, pour it into a colander and pour over it 1 quart of boiling water. When dry add 1 can tomatoes, mix well, add salt, pepper, little onion; cover the top with crumbs, dot with pieces of butter and brown in the oven.

PIGS IN BLANKETS.

Wrap oysters in thin strips of bacon. Secure each with a tiny wooden skewer and fry until the oyster has been cooked and the bacon browned.

TOMATO SCRAMBLE.

- | | |
|-----------------------------|---------|
| $\frac{1}{2}$ can tomatoes. | 2 eggs. |
|-----------------------------|---------|

Put tomatoes in double boiler and heat. Season with curry, pepper, salt, sugar and a little butter. Just before serving put in the eggs, beaten, and cook one minute. Serve on toasted bread or crackers.

FISH CAKES.

Soak piece salt cod over-night. Change water in morning, place saucepan on fire and let the fish come slowly to the boiling point and simmer gently for 10 minutes. Have mashed potatoes double of bulk of the fish, mix them together, add piece butter or Crisco, pepper, salt if necessary, and beat the whole mass until light and fluffy. Mould into cakes or balls with the hands and when required for use heat thoroughly and brown well on both sides in a frying pan in which a tablespoon of Crisco has been allowed to get smoking hot.

BROWN BREAD.

Make a porridge by stirring $\frac{1}{2}$ cup each of cornmeal and oatmeal into three cups boiling water. Let cook 10 minutes, pour into mixing bowl, add a cup of cold water, cup of molasses, tablespoon Crisco, 3 teaspoons salt and 1 yeast cake when the mixture is the right temperature. Mix with wheat flour and part graham flour if preferred until the dough has lost nearly all its stickiness. Let rise over-night. In morning put in pans, let rise until twice its original bulk, then cook in a medium oven for nearly $\frac{1}{2}$ hour longer than given to white bread.

BAKED BEANS.

1 quart beans.	1 teaspoon mustard.
$\frac{1}{2}$ lb. salt pork.	$\frac{1}{2}$ teaspoon pepper.
$\frac{1}{2}$ cup brown sugar or molasses.	Dash red pepper.

Soak beans over-night in large quantity water. In morning parboil for 20 minutes, then add pork and other ingredients, and bake for 10 hours, or more if possible, adding water at intervals. The last water should be added at least an hour before serving so that the juice may be rich and thick. It is quite possible to have beans although cooking with an oil stove by starting them a day early and taking advantage of the oven every time it is in use.

TOASTED CRACKERS AND CHEESE.

Brown salt wafers or soda biscuits in the oven. Prepare grated cheese seasoned with salt and pepper. Cover crackers with the mixture and return to the oven. When cheese has melted, the crackers are ready to serve.

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SALADS

"May Good Digestion Wait on Appetite."

PERFECTION SALAD.

Fill small mould with chopped celery, walnuts, apples and green grapes.

1 envelope of Knox's gelatine dissolved in $\frac{1}{2}$ cup cold water.

$\frac{1}{2}$ cup mild vinegar.

1 teaspoon of salt.

1 pint boiling water.

$\frac{1}{2}$ cup sugar.

Pour over fruit and let set.

MAYONNAISE DRESSING.

Beat yolk of one egg. Pour in oil slowly, beating meanwhile until quite thick. A pinch of salt. Continue to beat, adding lemon juice by degrees.

Miss Ethel Jamieson.

DATE SALAD.

2 cups chopped apples.

1 teaspoon lemon juice.

1 cup chopped dates.

2 teaspoons olive oil.

Serve on lettuce and garnish with parsley.

Miss Ethel Jamieson.

APPLE SALAD.

2 cups chopped apples.

1 cup chopped celery.

Well mixed with mayonnaise. Serve on lettuce and garnish with egg cut in quarters and parsley.

Miss Ethel Jamieson.

FRUIT SALAD.

Take equal quantities oranges, apples, bananas and celery. Cut in dice. Just before serving mix fruit with celery and add dressing.

FRUIT SALAD DRESSING.

Boil 1 cup sugar with $\frac{1}{2}$ cup water 5 minutes, then pour into the beaten yolks of 3 eggs, return to fire and cook over hot water, stirring constantly until thickened. Cool and add juice of 2 lemons. Chill salad and dressing thoroughly and just before serving add 1-3 as much whipped cream as dressing. Pour over salad and serve.

FRUIT SALAD—(Orange Dressing.)

Three bananas, 5 apples, cut in small cubes.

For Sauce—Half cup sugar, $1\frac{1}{4}$ tablespoons corn starch. Add 1 tablespoon lemon juice or rind, 1 orange, $\frac{3}{4}$ cup boiling water. Boil 10 minutes. Cool, pour over fruit on lettuce. Improved by cut walnuts or white grapes.

BOILED DRESSING.

1 whole egg. 1 tablespoon sugar.

1 teaspoon flour. $\frac{1}{2}$ teaspoon salt.

Beat all together, then add $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ cup of vinegar and 1 teaspoon butter and boil until thick.

Miss Ethel Jamieson.

CHIVES SALAD DRESSING.

3 tablespoons olive oil. 1 teaspoon minced chives, or

1 tablespoon vinegar. $\frac{1}{2}$ teaspoon onion juice.

1 hard cooked egg. 1 teaspoon salt.

Few grains paprika.

Mix oil, vinegar and seasoning thoroughly, then add chives and the egg chopped fine. Serve on tomato or any plain green salad.

Miss B. Billington.

SALAD DRESSING.

1 tablespoon mustard. 1 small teaspoon cayenne

1 tablespoon salt. pepper.

1 cup butter. 4 eggs.

1 cup milk. $\frac{1}{2}$ pint boiling vinegar.

1 cup or less sugar.

Beat all together except eggs and vinegar. Add first eggs then milk and last vinegar. Scald all thoroughly. This will keep for months.

Mrs. T. H. Griffiths.

MAYONNAISE DRESSING.

Yolk of 1 egg. $\frac{1}{4}$ cup vinegar.

1 cup olive oil. $\frac{1}{4}$ teaspoon salt.

Paprika to taste.

Beat yolk very light, add oil (which must be very cold) drop by drop, beating constantly. Great care must be taken in adding oil at first as yolk will separate if added too quickly. When half a cup of oil has been used drop by drop you may add balance by teaspoonful. When too thick add vinegar (which also must be very cold) a little as needed. When oil and vinegar have been used add seasoning slowly, beating constantly. When finished dressing should be very thick.

Mrs. Carman

TOMATO SALAD.

Peel and take out inside of ripe tomatoes. Fill centres with mayonnaise dressing and stick in three or four pieces of cold boiled asparagus. Serve each tomato on lettuce.

Another filling for above is: $\frac{1}{2}$ cup chopped walnuts or
1 cup chopped celery. pecans.

Miss Ethel Jamieson.

TOMATO JELLY.

1 can tomatoes. 1 teaspoon salt.
1 teaspoon powdered sugar.
3 tablespoons of gelatine in $\frac{1}{2}$ cup cold water.

Miss Madge McCarthy.

FRENCH DRESSING.

$\frac{1}{2}$ teaspoon salt. 1 tablespoon powdered sugar.
 $\frac{1}{2}$ teaspoon mustard. 1 tablespoon lemon juice.
 $\frac{1}{8}$ teaspoon paprika. 1 egg.
 $\frac{3}{4}$ cup olive oil.

BANANA AND TOMATO SALAD.

Tomatoes. Walnuts.
Bananas. Olives.
Lettuce. Mayonnaise.

Cut bananas in thirds, cover with mayonnaise and sprinkle with chopped walnuts. Slice tomatoes. Shred lettuce and add mayonnaise. Serve on a lettuce leaf, one piece of banana, a couple of slices of tomato and a little shredded lettuce as prepared and several olives. Add a little mayonnaise to tomatoes.

Miss Winnifred M. Styles.

LEMON CREAM SALAD.

3 egg yolks. 1 cup cream.
1 cup sugar. 1 lemon (grated rind).
2 teaspoons flour. 1 large sour apple.
 $1\frac{1}{4}$ cups boiling water. 4 bananas.

6 slices canned pineapple.

Beat yolks of eggs light, add gradually sugar, flour and juice of lemon. Melt butter in boiling water, add the beaten egg mixture and boil until thick. When cool add a little grated lemon rind and cream, whipped. Cut small, apple, bananas and pineapple. Chill the fruit and add dressing.

Miss Winnifred M. Styles.

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The Regina Trading Co., Limited

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Hamilton and South Railway Streets

- REGINA, SASK.

TOMATO SALAD.

Tomatoes.

Lettuce.

Celery.

Mayonnaise.

Take some medium-sized tomatoes, cover with boiling water, remove skin and put in refrigerator until ready to serve. Then cut off top of tomato, scoop out a part of the inside and fill with finely cut celery mixed with mayonnaise. Serve tomato on lettuce leaf and garnish with sprig of parsley.

Miss Winnifred M. Styles.

MARGUERITE SALAD.

Eggs.

Lettuce.

Parsley.

Cut a hard-cooked egg crosswise. Remove the yolk. Cut white in slices petal fashion, arrange on lettuce leaf like a Marguerite and fill centre with yolk put through sieve. Garnish with parsley and mayonnaise dressing.

Miss Winnifred M. Styles.

SALAD DRESSING.

2 teaspoons white sugar.

$\frac{1}{2}$ teaspoon mustard.

$\frac{1}{2}$ teaspoon salt.

3 eggs.

Beat well, then add 2 tablespoons of milk and 5 of vinegar. Cook in a double boiler till thick.

Miss Marjorie Scott.

POTATO SALAD.

1 quart boiled potatoes, cut
small.

1 small onion.

2 hard-boiled eggs.

Pepper and salt to taste.

Use for the dressing:

$\frac{1}{2}$ teaspoon mustard.

3 tablespoons cream or milk.

A good piece of butter.

1 cup vinegar.

2 tablespoons sugar.

Boil the dressing, stirring well. Then pour over potatoes, garnish with hard-boiled eggs, sliced.

Miss Flora Crowder.

SPANISH PEPPER SALAD.

Dissolve $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup cold water and $\frac{1}{2}$ cup vinegar. Add $\frac{1}{2}$ cup sugar, juice of 1 lemon, 1 scant teaspoon salt and 1 cup boiling water. Cut 6 canned pimientos in small pieces, add 2 cups celery, 1 cup shelled pecans cut, mix the two and put into individual moulds. Serve on lettuce leaf with mayonnaise. This will serve 12

Mrs. T. B. Patton.

SALAD DRESSING—WITHOUT OIL.

1 tablespoon mustard.	Yolks 2 eggs.
1 tablespoon flour.	Whites 2 eggs.
3 tablespoons sugar.	1 cup cream.
5 tablespoons melted butter.	$\frac{3}{4}$ cup vinegar.
1 teaspoon salt.	

Mix together dry ingredients in pan or kettle over hot water or in small double boiler. Stir in beaten yolks of eggs and the melted butter. Add cream, then vinegar very slowly. When thickened add beaten white of eggs.

Mrs. Corbett.

SALAD DRESSING.

8 tablespoons malt vinegar.	1 teaspoon salt.
4 eggs.	1 teaspoon mustard.
1 heaping tablespoon brown sugar.	1 pinch red pepper.
	2 tablespoons butter.

Place the vinegar on the stove to warm. Beat the eggs well and then pour the warm vinegar over them and put back on the stove to cook. Stir all the time to prevent it from getting lumpy. Beat the other ingredients together well and then pour the cooked portion over them and mix well.

Miss Lucy E. Styles.

ALPHA SALAD

A pleasing salad may be prepared with spiced prunes. About 6 prunes should be allowed to each person. The stones should be removed and equal parts of walnut meats and cream cheese, made into balls, should be substituted for them. Place the stuffed prunes on crisp white lettuce leaves and pour a mayonnaise dressing on top.

Dr. G. Armstrong.



CAKES

"One Cake Eaten in Peace is Worth Two in Trouble."

DATE CAKES

2 cups sifted flour.	$\frac{1}{2}$ cup butter.
2 cups rolled oats.	$\frac{1}{2}$ cup milk, or enough to moisten.
1 cup brown sugar.	A pinch of salt.
$\frac{1}{2}$ cup lard.	$\frac{1}{2}$ teaspoon soda.

Filling.

1 lb. dates.	1 cup water.
1 cup brown sugar.	

Remove stones, add water and sugar to dates, boil until soft. Allow to cool.

Mix flour, rolled oats and sugar, add salt, rub in shortening, moisten with milk to which has been added the soda dissolved in a few drops of hot water. Roll out thin and spread the dates between, cut in small squares.

Mrs. W. F. Kerr.

SHORT BREAD.

$\frac{1}{2}$ cup brown sugar.	1 cup butter.
2 cups sifted flour.	

Mix butter and sugar well together with fingers, adding the flour very gradually. When quite soft and smooth roll out desired thickness. Can be cooked in one large piece or cut into small cakes.

Mrs. W. F. Kerr.

HOT WATER CAKE.

3 eggs.	A pinch of salt.
1 cup granulated sugar.	1 cup sifted flour.
6 tablespoons hot water.	$1\frac{1}{2}$ teaspoons baking powder.
Vanilla to taste.	

Beat eggs and sugar together until quite light (8 or 10 minutes), add salt, then hot water, a tablespoon full at a time; flavoring; stir in flour and baking powder thoroughly sifted. Bake in buttered pan, moderate oven.

Mrs. W. F. Kerr.

MOCHA CAKE.

$\frac{1}{4}$ cup butter. 1 egg.
 $\frac{3}{4}$ cup milk. 1 cup white sugar.
1 $\frac{1}{3}$ cups flour.

ICING.

1 $\frac{1}{2}$ cups icing sugar. 3 teaspoons cocoa.
1 teaspoon butter.

Add a little hot water and beat, thin with hot water, flavor.

Mrs. Bert Scott.

BOSTON MANDOLINS.

Yolks of 8 eggs. $\frac{1}{2}$ cup corn starch.
1 $\frac{1}{2}$ cups sugar. 1 $\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ cup butter. 2 teaspoon baking powder.
2-3 cup milk. Bake in uniform oven.
Miss Muriel Allan.

ORANGE CAKE.

$\frac{1}{2}$ cup butter. $\frac{1}{4}$ cup milk.
1 $\frac{1}{2}$ cups sugar. 2 cups flour.
Yolks of 2 eggs. 1 teaspoon soda.
Juice and grated rinds of 2 2 teaspoons cream of tartar.
oranges.

Add whites of two eggs, well beaten, last.

Miss Muriel Allan.

ICING.

1 cup light brown sugar. $\frac{1}{2}$ teaspoon vinegar.
1 cup granulated sugar. $\frac{1}{2}$ cup cold water.

Let boil until it hairs well when dropped from a fork. Add gradually the stiffly beaten whites of 2 eggs; beat, add vanilla, then beat hard until no holes. Spread quickly.

Mrs. Carman.

HERMITS.

$\frac{1}{2}$ cup butter, scant. 2 eggs.
1 cup sugar. $\frac{1}{2}$ cup stoned and chopped
1 tablespoon milk. raisins.
1 heaping teaspoon baking 2 cups flour and flour enough
powder. to roll out.

Cream butter, add sugar, milk, eggs well beaten and the baking powder mixed with two cups flour, then enough to roll out. Roll a little at a time, cut out and bake about 10 minutes.

Mrs. Carman.

CHOCOLATE COOKIES.

$\frac{1}{2}$ cup butter.	2 ozs. Baker's chocolate.
1 cup sugar.	$2\frac{1}{2}$ cups flour (scant).
1 egg.	2 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{4}$ cup milk.

Cream butter, add sugar gradually, egg well beaten, salt and chocolate melted. Beat well and add flour mixed and sifted with baking powder alternately with milk. Chill, roll very thin, then shape with a small cutter, first dipped in flour, and bake in a moderate oven.

Miss Myrtle Phillips.

COCOANUT PUFFS.

3 egg whites.	1 cup white sugar.
$2\frac{1}{2}$ teaspoons corn starch.	2 cups shredded cocoanut.
1 teaspoon vanilla.	

Beat egg whites stiff and beat in corn starch mixed with sugar. Cook in a double boiler, stirring all the time until thick around the edges. Remove from heat, add cocoanut and vanilla, drop on buttered tins and cook 15 minutes in a slow oven.

Miss B. Billington.

COCOA APPLE SAUCE CAKE.

1 cup sugar.	1 tablespoon cocoa.
$\frac{1}{2}$ cup sour cream.	1 teaspoon cinnamon.
1 cup hot sour apple sauce.	$\frac{1}{4}$ teaspoon cloves.
$1\frac{1}{4}$ teaspoons soda.	2 cups bread flour.
1 cup raisins.	

Mix cocoa, flour and raisins. In a separate bowl put sugar, cream and hot apple sauce into which the soda has been stirred. Beat in the flour mixture and bake in a well-lined loaf tin for 45 minutes in moderate oven and ice with sour cream icing.

Miss B. Billington.

SOUR CREAM ICING.

2-3 cup sour cream.	2 cups white sugar.
$\frac{1}{2}$ teaspoon vanilla.	

Mix sugar and cream and boil slowly without stirring till it threads. Cool, add flavoring and beat till creamy. Spread quickly over cake.

Miss B. Billington.

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CHOCOLATE BROWNIES.

1 cup sugar.	2 squares chocolate.
$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup flour.
2 eggs.	Vanilla.

1 cup walnuts.

Mix together sugar and butter, add eggs, chopped walnuts; melt chocolate with hot water, add chocolate, walnuts and flour. Pour into buttered tin, spread with spoon until about half an inch thick. Bake in moderate oven about 20 minutes. While hot cut in squares.

Miss Edna Macleod.

SULTANA CAKE.

1 cup butter.	2 small teaspoons cream of tartar.
2 cups sugar.	
4 eggs.	1 small teaspoon soda.
1 cup milk.	1 teaspoon oil of lemon.
1 cup chopped walnuts.	1 package bleached sultanas.
3 cups flour.	Small piece citron.

Mix together butter and sugar, add beaten eggs, milk, flour, then walnuts, sultanas, citron and oil of lemon. Bake in moderate oven one and a half hours.

Miss Edna Macleod.

SPONGE CAKE.

3 eggs.	2 teaspoons baking powder.
1 cup sugar.	$\frac{1}{2}$ cup boiling water.
1 cup flour.	

Beat whites of eggs stiff, add yolks and beat. Add sugar and beat five minutes. Fold in flour, sifted with baking powder. Stir in boiling water last thing. Flour pan slightly—do not butter. Moderate oven.

Miss Edna Macleod.

DEVIL'S FOOD CAKE.

Melt 1 cup grated unsweetened chocolate in $\frac{1}{2}$ cup sweet milk, put on to boil and let it cool to use later. Cream $\frac{1}{2}$ cup of butter, 2 cups of brown sugar, add well-beaten yolks of 3 eggs, then add the above mixture, beating all the time. Add 1 cup of sweet milk, 2 large cups of flour, 1 rounding teaspoon of soda, wet with a little hot water and the well-beaten whites of 3 eggs, 1 teaspoon cinnamon and nutmeg each.

Frosting:

1 cup of white granulated sugar.	1 cup of sweet milk.
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Boil until stringy. After boiling take off stove and add 1 tablespoon of cocoa and beat until cold.

Mrs. L. M. Larson.

MOCK ANGEL CAKE.

1 $\frac{1}{4}$ cups flour.	3 teaspoons baking powder.
1 cup sugar.	Beaten whites 2 eggs.
Heat 1 cup milk to boiling point.	Pinch salt, flavoring.

Mix and sift the dry ingredients, add the hot milk, flavoring and lastly fold in the beaten whites of eggs.

Miss Margaret Strang.

FAVORITE CAKE.

Cream $\frac{1}{2}$ cup butter and 1 cup sugar, add $\frac{1}{2}$ cup milk, beaten yolks of 2 eggs; sift in heaping cup of flour into which has been placed 1 teaspoon baking powder and one teaspoon ground cinnamon. Fold in well beaten whites. Bake in moderate oven in loaf pan. Ice.

Mrs. R. E. A. Leech.

CHOCOLATE CAKE.

Yolks of 2 eggs.	$\frac{1}{2}$ cup sweet milk.
1 bar chocolate.	

Boil these ingredients till thick, and add

1 cup white sugar.	1 teaspoon baking powder.
$\frac{1}{2}$ cup sour milk or cream.	$\frac{1}{2}$ teaspoon soda.
1 cup flour.	

Miss Leila Mackenzie.

BROWN COOKIES.

1 cup white sugar.	1 teaspoon nutmeg.
1 cup molasses.	$\frac{1}{2}$ cup boiling water.
1 teaspoon cinnamon.	

Put a teaspoon of soda in the water. The water must boil. 1 cup melted butter and lard together. Flour enough to make dough so you can roll. Sprinkle sugar on each cookie after it is cut. Bake in a moderate oven.

Mrs. L. M. Larson.

ANGEL FOOD.

Whites of 9 eggs.	1 small teaspoon cream.
1 $\frac{1}{4}$ cups sugar.	tartar.
1 cup flour.	Flavoring.

Beat eggs till stiff. Sift sugar several times and add it to the eggs. Sift flour and cream tartar together five or six times. Fold the dry ingredients into the eggs and sugar, being careful not to beat it. Bake in a tube pan in a moderate oven for 45 minutes.

Miss Amy L. Craig.

APPLE SAUCE CAKE.

½ cup butter.	1 level teaspoon soda.
1 cup sugar.	1 teaspoon cinnamon.
1 egg, beaten light.	½ teaspoon cloves.
1 cup raisins.	1 cup hot thick apple sauce.
1 cup currants.	1¾ cups sifted flour.

1½ hours baking.

Mrs. L. M. Larson.

DATE CAKE.

1 cup brown sugar.	1 teaspoon soda mixed in
¾ cup butter.	flour.
2 eggs.	1 pound dates.
¾ cup cold water.	1 cup walnuts.
2 cups flour.	Mix ingredients in order given.

Mrs. W. D. Craig

SHORT BREAD.

4 cups flour.	4 tablespoons castor sugar.
Take 2 tablespoons out and put	1 pound butter.
in 2 tablespoons ground rice.	

Mix the ingredients in the order given and bake slowly.

Miss Margaret Wood.

DEVIL'S CAKE.

Custard part:

1 cup grated chocolate.	1 cup brown sugar.
½ cup sweet milk.	Yolk of 1 egg.

Stir all together in a granite or porcelain saucepan. Cook slowly and set away to cool.

Cake part:

	2 cups flour.
1 cup brown sugar.	½ cup sweet milk.
½ cup butter.	2 eggs.

Cream butter, sugar and yolk of eggs; add milk, sifted flour and white of eggs beaten stiff. Beat all together and then stir in custard. Lastly add a teaspoon of soda dissolved in hot water.

Filling:

1 cup brown sugar.	1 cup water.
1 cup white sugar.	1 tablespoon vinegar.

Boil until thick like candy, then stir in white of 2 eggs, ¼ pound marshmallow. Boil up again and place on the cake, letting each layer of filling cool before putting the cake on top of it.

Mrs. A. C. Paterson.

CREAM CAKE.

2 tablespoons butter.	$\frac{1}{2}$ cup milk.
1 cup sugar.	Filling:
4 whites or 2 whole eggs.	1 cup milk.
$1\frac{1}{2}$ cups flour.	$\frac{1}{2}$ cup sugar.
1 heaping teaspoon baking powder.	2 yolks of eggs.
1 teaspoon vanilla and lemon mixed.	1 tablespoon corn starch.
	1 teaspoon vanilla.

Cover with boiled frosting. Flavor with lemon.

Mrs. L. M. Larson.

DATE COOKIES.

1 cup butter and lard.	1 teaspoon soda.
1 cup brown sugar.	1 teaspoon cream of tartar.
1 egg.	$2\frac{1}{2}$ cups flour or more if necessary.
Enough sour milk to make $\frac{1}{2}$ cup with the egg.	Vanilla.

Roll very thin.

Filling:

1 pound dates.

$\frac{1}{2}$ cup water.

1 cup white sugar.

Miss Lela Dowswell.

LADY BALTIMORE CAKE.

Rub 1 cup butter to a cream with 2 cups powdered sugar. Add 1 cup milk, when well mixed stir in juice of 1 lemon and whip very light. Then stir in alternately the stiffened whites of 4 eggs and 4 even cups of flour, sifted twice with a rounded teaspoon baking powder. Bake in jelly cake tins. When cold put together with this filling and frost the top.

Filling:

Boil $1\frac{1}{2}$ cups granulated sugar with $\frac{1}{2}$ cup water until it shreds, pour while hot over the whites of 2 eggs beaten stiff, whip until you have a thick cream; stir in gradually $\frac{1}{2}$ cup chopped nuts, $\frac{1}{2}$ cup raisins and 3 figs cut fine or minced.

Mrs. Jas. Duncan.

BELFAST CAKE.

Cream $\frac{1}{2}$ cup butter with $1\frac{1}{2}$ cups granulated sugar, add 1 cup stoned raisins or nuts, 1 egg, 2 cups graham flour, 1 cup sour milk, 1-3 cup white flour, 1 teaspoon soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon nutmeg. Bake $1\frac{1}{2}$ hours in a slow oven.

Mrs. F. J. James.

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WHITE CAKE.

- | | |
|--|----------------------------|
| 1 cup sugar (white). | 2-3 cup sweet milk. |
| $\frac{1}{2}$ cup butter, beaten to a cream. | 2 teaspoons baking powder. |
| | 1 teacup flour. |
| 1 teaspoon extract lemon. | |

Beat together five minutes. Add the beaten white of four eggs and one cup of corn starch, and beat five minutes. Bake in moderate oven.

Mrs. W. G. Styles.

FILLING FOR LEMON CHEESE CAKES.

- | | |
|-----------|---------------------|
| 6 lemons. | 1 pound lump sugar. |
| 6 eggs. | 6 ozs. butter. |

(Grate rind of 4 lemons and add the juice of 6, the yolks and white of the six eggs. Mix thoroughly and put on the fire over boiling water. Stir constantly till the mixture is a smooth, thick paste. When quite cold cover closely. This is sufficient for 24 tarts.

HULL HOUSE CAKES.

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|-----------------------------|----------------------------------|
| 3 eggs. | 1 teaspoon soda. |
| 1 scant cup butter. | 1 teaspoon cinnamon. |
| 3 or more cups flour. | $\frac{1}{2}$ teaspoon allspice. |
| 1 lb. dates chopped. | $\frac{1}{4}$ teaspoon cloves. |
| $\frac{1}{2}$ lb. walnuts. | $\frac{1}{2}$ cup cold water. |
| 1 $\frac{1}{2}$ cups sugar. | |

Cream butter and sugar, add eggs and the water alternated with dry ingredients mixed and sifted, lastly add dates. Drop on baking tin. not buttered.

WEDDING CAKE.

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|----------------------------|----------------------------------|
| 4 full cups butter. | 18 eggs. |
| 5 full cups castor sugar. | 1 $\frac{1}{2}$ lbs. mixed peel. |
| 2 tablespoons corn syrup. | 1 lb. blanched almonds |
| 6 cups flour. | (sweet). |
| 5 cups currants. | Grated rind of 2 lemons. |
| 6 cups sultanas. | $\frac{1}{2}$ a small nutmeg. |
| $\frac{1}{2}$ pint brandy. | |

After cleaning fruit and grating nutmeg, cream butter and sugar together very thoroughly. Add 1 teaspoon salt and the eggs one at a time. Work flour and other ingredients in very gradually. Prepare one large cake tin, or 3 graduated tins if for tier cake, by lining throughout with buttered paper. 3 layers on the bottom. Bake 5 or 6 hours in moderately slow oven. Allow cake to stand two or three days before covering with almond paste.

Mrs. Spencer Page.

BACHELOR BUTTONS COOKIES.

$\frac{1}{2}$ cup flour.	$\frac{1}{2}$ teaspoon vanilla.
$\frac{3}{4}$ cup brown sugar.	$\frac{1}{2}$ teaspoon soda.
1 well beaten egg.	$\frac{1}{2}$ teaspoon cream of tartar.

Cream butter, sugar, egg and vanilla together, then add slowly flour into which has been sifted soda and cream of tartar. Mix soft and roll out. Cut with small cutter. Put raspberry jam on centre of one and cover with another, out of which small centre has been cut. Bake in moderately quick oven.

Mrs. G. L. Wheatley.

CREAM PUFFS.

1 cup boiling water, add $\frac{1}{2}$ cup butter, 1 cup sifted flour, and stir quickly while boiling. Cool, then add 4 eggs, stirring in one at a time; fifth egg stir in quickly. Drop a spoonful of dough on greased manilla paper to bake in quick oven.

Filling.—3 tablespoons flour, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 egg. Flavor with vanilla.

Mrs. W. P. Wells.

CHRISTMAS CAKE.

2 lbs. butter.	2 lbs. currants.
2 lbs. flour (dry or brown it).	1 lb. peel (mixed).
2 lbs. sugar (brown).	$\frac{1}{2}$ lb. almonds.
16 eggs.	$\frac{1}{4}$ pint brandy, sprinkle over
2 lbs. raisins.	cake when cold.

Cream butter and sugar, then eggs, one by one, beat well; then the fruit; lastly the flour. Stir lightly and bake in a moderate oven. If in three-tier tins, large cake takes between three and four hours to bake.

Mrs. W. G. Styles.

CHOCOLATE CAKE.

$\frac{1}{2}$ cup butter.	1 teaspoon baking powder.
$1\frac{1}{2}$ cups brown sugar.	$\frac{1}{2}$ teaspoon soda.
2 eggs.	$\frac{1}{2}$ teaspoon cinnamon.
3 cups flour.	$\frac{1}{2}$ teaspoon cloves.
$\frac{1}{2}$ teaspoon ginger.	

Chocolate Mixture:

Melt 1 tablespoon chocolate, add $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup hot water, 1 cup chopped walnuts, 1 cup dates, or raisins, and stir into cake mixture. Bake in loaf and ice with: Grated chocolate 4 tablespoons; cream or milk 3 tablespoons; hot water 1 tablespoon; brown sugar 1 cup, scant. Boil five minutes.

Mrs. J. A. Blair.

COMFITS.

- | | |
|-------------------|----------------------------|
| 1 cup sugar. | 2 eggs. |
| 1 cup sweet milk. | 2 teaspoons baking powder. |
| 3 cups flour. | Pinch of salt. |

Drop in small spoonful in smoking hot lard.

Miss Eva M. Clare.

SPANISH BUN.

- | | |
|-------------------------------|----------------------------|
| 3 eggs. | 2 cups flour. |
| 1 cup sugar. | 3 teaspoons baking powder. |
| $\frac{1}{2}$ cup butter. | 1 spoon cassia. |
| $\frac{1}{2}$ cup sweet milk. | Bake in quick oven. |

Mrs. Tinck.

CHOCOLATE GLACE.

- | | |
|-----------------------------|-------------------------------|
| 1 cup butter. | $\frac{1}{2}$ cup sweet milk. |
| 1 cup white sugar. | $1\frac{1}{2}$ cups flour. |
| 1 square Baker's chocolate. | 2 teaspoons baking powder. |
| 2 eggs. | Vanilla. |

Beat butter to cream, add sugar and melted chocolate and unbeaten eggs. Beat five minutes. Then stir in milk and flour with baking powder. Bake in shallow tin $\frac{1}{2}$ hour in moderate oven. Put on white icing, then a chocolate icing.

Mrs. Tinck.

IMPERIAL WHITE FRUIT CAKE.

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|--|--------------------------------|
| 1 lb. butter. | 1 lb. blanched almonds. |
| 1 lb. white sugar (beaten to a cream). | $\frac{1}{2}$ lb. Brazil nuts. |
| 10 eggs, beaten separately. | 1 lb. sultana raisins. |
| 1 wineglass wine or fruit juice | $\frac{1}{2}$ lb. citron peel. |
| | 1 lb. flour, sifted. |
| 1 teaspoon vanilla. | |

Bake in a slow oven.

Mrs. Tinck.

BISCUIT COOKIES.

- | | |
|-------------------------------|-----------------------|
| 1 quart flour. | 1 cup butter. |
| 1 small spoon soda. | A nice piece of lard. |
| 2 small spoons baking powder. | 2 cups brown sugar. |

Vanilla essence to taste.

Buttermilk to make a stiff paste. Roll thin. Bake.

Miss Flora Crowder.

LEMON COOKIES.

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|---|----------------------------|
| 1 cup butter. | 2 eggs. |
| 1½ cups sugar. | 2 teaspoons baking powder. |
| ½ cup of water, less the
juice of 1 lemon. | Rind of lemon, grated. |

Squeeze the lemon juice into a cup and put in sufficient water to make the cup half full. Cream the butter and sugar, add the beaten eggs, mix well, add the water and other ingredients. Better to work if mixed over-night.

Mrs. Larson.

MRS. RORER'S CHOCOLATE CAKE.

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|---------------------|----------------------------|
| 2 ounces chocolate. | ½ cup butter. |
| 4 eggs. | 1½ cups sugar. |
| ½ cup milk. | 3 teaspoons baking powder. |
| 1 teaspoon vanilla. | 1¾ cups flour. |

Dissolve chocolate in five tablespoons boiling water. Beat butter and sugar to a cream, add yolks, beat again, then add milk, melted chocolate and flour and baking powder and vanilla. Beat all vigorously. Beat white of eggs to stiff froth and stir into mixture and bake in well-greased pan in moderate oven 45 minutes.

Miss Winnifred M. Styles.

FRUIT CAKE.

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|-----------------------------|-----------------------------|
| 10 eggs. | ½ cup molasses. |
| 2 cups brown sugar. | 3 lbs. currants. |
| 2 cups canned strawberries. | 1 lb. dates. |
| 4 cups unsifted flour. | 1 lb. mixed peel. |
| 5 lbs. raisins, stoned. | ¾ of 25c bottle of vanilla. |
| 2 cups melted butter. | 1 tablespoon almond flavor. |
| 1 teaspoon baking soda. | |

Add mixed spices to suit taste. Steam 2½ hours. Bake 1½ hours.

Mrs. F. B. Reilly.

WHITE FRUIT CAKE.

- | | |
|---------------------------|------------------------------|
| 3 eggs. | 1 teaspoon vanilla. |
| 1½ cups granulated sugar. | 1 teaspoon lemon. |
| 1 cup butter. | ½ teaspoon almond. |
| 1 cup sweet milk. | 1 teaspoon soda. |
| 1 cup mixed peel. | 2 teaspoons cream of tartar. |
| 1 cup raisins. | 4 cups flour. |
| 1 cup currants. | A pinch of salt. |

Bake in slow oven for an hour.

Mrs. F. B. Reilly.

OATMEAL DATE CAKE.

2 cups flour.	1 lb. chopped dates.
2 cups oatmeal.	1 cup chopped walnuts.
1 cup butter and lard mixed.	1 teaspoon soda dissolved in
1 cup sour milk.	sour milk.
1 cup brown sugar.	No eggs.

Mix dry ingredients and shortening like pie crust, then add fruit and nuts, and last the milk and soda. Bake in a loaf tin in a moderate oven for about $\frac{3}{4}$ of an hour. If cooked too quickly or too long it will be too dry.

Mrs. F. B. Reilly.

GINGER COOKIES.

2 cups molasses.	A pint of buttermilk.
1½ teaspoons soda.	1 cup lard or butter.
1 cup sugar.	1 teaspoon ginger.

A pinch of salt.

Flour to make it stiff.

Miss Flora Crowder.

HERMITS.

1½ cups brown sugar.	2 tablespoons milk.
2 eggs.	1 cup raisins.
2-3 cups shortening, half butter.	1 cup nuts.
3 cups flour.	1 teaspoon cinnamon.
1 teaspoon soda.	1 teaspoon cloves.

1 teaspoon nutmeg.

Cream sugar and shortening. Add beaten eggs and soda dissolved in the milk. Add 1 cup flour and spices and nuts and raisins, chopped and well floured. Add another cup of flour and roll as cookies. One of the three cups of flour to be used for raisins and rolling out.

Mrs. Corbett.

BUTTERMILK CAKE.

1 cup butter and lard.	1½ cups currants.
1½ cups sugar.	1½ teaspoons soda.
1½ cups buttermilk.	½ teaspoon cloves.
3 cups flour.	½ teaspoon allspice.
1½ cups raisins.	½ teaspoon cinnamon.

Cream butter and sugar, add the buttermilk alternated with the dry ingredients mixed and sifted, and lastly the fruit which has been slightly dredged with flour.

Mrs. John Balfour.

**BERTHA M.
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CRISPS.

- | | |
|---------------------------|----------------------------|
| 1 teaspoon butter, scant. | 3 cups oatmeal. |
| 1 cup sugar. | 2 teaspoons baking powder. |
| 2 eggs. | 2 teaspoons vanilla. |

$\frac{1}{8}$ teaspoon salt.

Cream together butter and sugar. Add eggs beaten and 1 cup oatmeal, vanilla and salt. Dissolve baking powder in a little warm water (2 teaspoons) and add remaining oatmeal. Stir well and drop on buttered pans two inches apart and bake in medium oven eight minutes.

Mrs. Corbett.

SPANISH BUN.

- | | |
|----------------------------|----------------------|
| 2 cups sugar. | 1 teaspoon soda. |
| $\frac{3}{4}$ cup butter. | 1 teaspoon cinnamon. |
| 4 eggs. | 1 teaspoon allspice. |
| 1 cup sour milk. | 1 teaspoon cloves. |
| $2\frac{1}{2}$ cups flour. | |

Cream butter and sugar, add eggs well beaten, milk and dry ingredients, mixed and sifted.

Mrs. John Balfour.

CHEESE TARTS.

- | | |
|----------------------------|-----------------------------|
| 2 eggs. | 2 tablespoons essence of |
| 1 cup brown sugar. | lemon. |
| 2 tablespoons butter. | 1 teaspoon ground cinnamon. |
| 2 tablespoons corn starch. | $\frac{1}{2}$ cup butter. |
| 1 cup currants. | |

ALMOND DROP CAKES.

- | | |
|---|---------------------------------|
| 1 lb. butter. | $\frac{1}{2}$ lb. sweet almonds |
| $\frac{1}{2}$ lb. powdered sugar. | (blanched). |
| $\frac{1}{2}$ lb. flour dried and sifted. | 1 egg, well beaten. |

Mix in each in turn and drop on buttered paper.

Miss Lucy E. Styles.

DATE TARTS.

- | | |
|---|------------------------------------|
| Whites 4 eggs. | $\frac{1}{2}$ lb. shelled almonds. |
| $1\frac{1}{2}$ cups fruit sugar, scant. | $\frac{1}{2}$ lb. dates. |
| 1 teaspoon vanilla. | |

Blanch almonds and stone dates; put them through the meat chopper together. Beat whites of eggs stiff, add sugar gradually, beating all the time; flavor, then fold in lightly almonds and dates. Turn into a shallow buttered pan and bake in slow oven 1 hour. Remove from oven, cut in bars while hot; remove from pan.

LADY FINGERS,

Whites 3 eggs.	$\frac{1}{4}$ teaspoon vanilla.
1-3 cup fruit sugar.	1-3 cup flour.
Yolks 2 eggs.	Salt.

Beat whites of eggs until stiff and dry, add sugar gradually, beating all the time. Beat yolks of eggs until thick and lemon colored and add to first mixture; flavor. Beat thoroughly then carefully cut and fold in flour mixed and sifted with salt. Cover a baking sheet with unbuttered paper, and with a pastry tube shape lady fingers, 3 inches long and $\frac{3}{4}$ inch wide. Sprinkle with fruit sugar and bake in a slow oven 12 to 15 minutes. Remove from paper and put together in pairs, using white of egg.

DATE NUT CAKE

1 cup sugar.	$\frac{1}{4}$ lb. shelled almonds.
$\frac{1}{2}$ cup butter.	1 cup boiling water.
2 eggs.	1 teaspoon soda.
1 lb. dates.	1 teaspoon vanilla.

1 1-3 cups flour.

Cream butter and sugar, add eggs, one at a time, and beat well. Add dates and nuts, well floured, and vanilla. Put soda in boiling water and let cool, then add to cake, lastly flour.

Mrs. A. S. Gorrell.

SPONGE CAKE.

4 eggs.	1 cup fruit sugar.
3 tablespoons potato flour.	1 teaspoon vanilla.
2 tablespoons wheat flour.	1 teaspoon baking powder.

Separate eggs, beat the whites stiff. Add 3 tablespoons sugar and make meringue. Add the rest of sugar to yolks, then flavoring. Fold meringue into yolks, put baking powder into flour and sift gradually into mixture. Bake in buttered tin until set, about 30 minutes.

Mrs. A. S. Gorrell.

GATEAU MOUSSELINE.

(Belgian Recipe.)

3 yolks of eggs.	3 whites of eggs.
4 tablespoons white sugar.	2 tablespoons potato flour.

Beat the yolks of the eggs and sugar for 15 minutes. Add the potato flour slowly and beat for another 15 minutes. Fold in the beaten whites of the eggs very carefully, pour into a well greased pan and bake.

Miss M. Pootmans.

DESSERTS, CREAMS AND ICES

"Eat in Measure and Defy the Doctor."

FRUIT SALAD—(As Dessert.)

2 oranges (broken up). 1 cup dates (cut in halves).
1 banana (broken up). ½ cup walnuts (chopped).

Juice of 2 lemons poured over.

2 tablespoons fruit sugar sprinkled over.

Before serving sprinkle a few chopped walnuts over top and garnish with candied or brandy cherries.

Miss Ethel Jamleson.

WHIPPED CREAM PUDDING.

Soak in cold water until dissolved one good tablespoon Knox's gelatine. Whip stiff one pint cream, add one-quarter cup preserved ginger cut in small squares, and one-quarter cup walnuts and a few cherries. Add gelatine, pour in mould to thicken.

Miss Muriel Allan.

FRUIT CHARLOTTE

1-3 box gelatine, soaked in 3-4 cup sugar.
1 cup of hot water. 1 cup whipped cream.
Juice of 1 lemon. Whites of 2 eggs.

Add two latter items when first part cools. For improvement or variety, add 1 cup chopped nuts and line mould with lady fingers.

LEMON RICE PUDDING.

1 cup rice. 4 tablespoons sugar.
1 quart milk. Juice and rind 1 lemon.
Yolks of 2 eggs. Salt.

Soak rice in milk for 1½ hours. When scalding hot add yolks of eggs, then sugar and lemon juice. Bake in oven for 10 minutes.

MERINGUE FOR LEMON RICE PUDDING

Two egg whites beaten stiffly, 8 tablespoons of sugar. Flavor with lemon juice.

ORANGE BAVARIAN CREAM.

- | | |
|---|------------------------------|
| 2 cups of milk. | $\frac{1}{2}$ cup sugar. |
| 1 tablespoon gelatine (in $\frac{1}{2}$ cup of cold water). | $\frac{1}{2}$ teaspoon salt. |
| 2 egg yolks. | Juice and rind of 1 lemon. |
| | Juice of 2 oranges. |

Whites of eggs beaten stiff. Scald milk, then add egg yolks. When cooked slightly pour over gelatine. Last of all add fruit juices to which sugar has been added. While cooling whip in the stiffly beaten egg whites. Pour into mould.

Miss Madge McCarthy.

FROZEN PRUNE FLUFF.

- | | |
|----------------|---|
| 2 cups prunes. | 2 egg whites. |
| 1 cup sugar. | $\frac{1}{2}$ cup finely chopped walnuts. |
| 3 plnts water. | Rind $\frac{1}{2}$ orange. |

Wash prunes and put to soak overnight in the water, then add sugar and orange rind and simmer till tender. Strain off juice and remove orange peel. Stone prunes, rub through a sieve into juice, chill and add walnuts and egg whites unbeaten. Freeze in three parts ice to one part salt.

Miss B. Billington.

STRAWBERRY DUMPLINGS.

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|-----------------------------------|------------------------------|
| 1 cup sugar. | 1 cup bread flour. |
| 1 tablespoon butter. | 2 teaspoons baking powder. |
| $2\frac{1}{2}$ cups strawberries. | $\frac{1}{4}$ teaspoon salt. |
| 2 cups boiling water. | $\frac{3}{4}$ cup milk. |

Put sugar, butter, strawberries, together and let simmer for a few minutes. While simmering mix together flour, baking powder, salt and milk. Drop batter in eight pieces into boiling syrup, cover tightly and boil for 20 minutes without removing the lid. Serve hot with sauce or cream. Raspberries may be used in the same way.

Miss B. Billington.

RICH STRAWBERRY SHORTCAKE.

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|------------------------------|----------------------------------|
| 2 cups flour. | 1 egg. |
| $\frac{1}{4}$ cup sugar. | 1-3 cup butter. |
| 4 teaspoons baking powder. | $1\frac{1}{4}$ tablespoons lard. |
| $\frac{1}{2}$ teaspoon salt. | 1-3 cup milk. |

Few grains nutmeg.

Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg, well beaten, and milk. Toss on floured board, divide in two parts. Pat, roll out and bake twelve minutes in a hot oven in buttered round layer cake tins. Cover with berries which have been sprinkled with powdered sugar.

Miss Myrtle Phillips.

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PINEAPPLE WHIP.

$\frac{1}{2}$ package gelatine in	1 cup water.
$\frac{1}{2}$ cup water.	1 cup sugar.
1 tin pineapple.	$\frac{1}{2}$ pint cream.
1 tablespoon pulverized sugar.	

Soak gelatine 15 minutes in water, cut up pineapple, add water to juice and sugar and gelatine. Heat mixture until gelatine melts and set away to cool. Add pineapple to the cream, beaten stiff, and lastly put in gelatine mixture. Put on ice to cool.

Miss Gertrude Hall.

RASPBERRY CREAM.

$\frac{1}{2}$ box gelatine.	$\frac{1}{2}$ cup cold water.
$\frac{1}{2}$ cup boiling water.	1 cup sugar.
1 pint cream (whipped),	1 pint raspberry juice.

Soak gelatine 1 hour in cold water, then put it with the sugar and boiling water in a double boiler over the fire and stir until all dissolved. Add the raspberry juice, strain and set in a cool place. When it has begun to form stir in the whipped cream, turn into a mould and set on ice to harden.

Miss Muriel Allan.

FROZEN BANANAS.

5 large bananas.	1 cup water.
Juice 4 oranges.	$1\frac{1}{2}$ cups sugar.
Juice 1 lemon.	1 pint heavy cream.

Put bananas through potato ricer and add juices. In the meantime boil sugar and water until clear; cool and add to the fruit. Freeze to a mush in three parts ice to one of salt, then add cream, whipped, and finish freezing. Stand 1 hour before serving.

Miss B. Billington.

CHOCOLATE PUDDING.

2 cups bread crumbs.	2 eggs.
4 cups scalded milk.	$\frac{1}{4}$ teaspoon salt.
2 squares melted chocolate.	1 teaspoon vanilla.
2-3 cup sugar.	Bake and serve with hard sauce.

HARD SAUCE FOR CHOCOLATE PUDDING.

Four tablespoons melted butter, 1 cup powdered sugar, stiffly beaten white of 1 egg.

RHUBARB PIE

To one quart of stewed rhubarb add $\frac{1}{2}$ cup butter, 3 eggs (keep white of one for meringue), sugar to taste. Bake in a rich pastry. Brown the meringue.

Mrs. Bert Scott.

CARAMEL CUSTARD.

Burn in saucepan $1\frac{1}{2}$ cups brown sugar. When brown add a quart of milk. When at boiling point and sugar is melted, add two well-beaten eggs and corn starch sufficient to thicken. Vanilla to flavor.

Miss McCusker.

CARROT PUDDING.

$1\frac{3}{4}$ cups flour.	1 cup grated potatoes.
1 cup sugar.	1 cup grated carrots.
1 cup suet.	1 teaspoon soda.
1 cup each raisins and currents	

Steam three hours.

Miss McCusker

CREAM PIE.

Yolks of 2 eggs.	1 cup sugar.
1 cup sour cream or $\frac{1}{2}$ milk and cream.	$\frac{3}{4}$ cup stoned raisins.

Beat sugar and cream together. Add eggs, well-beaten. Spread raisins over crust and pour in mixture. Bake slowly.

Frosting.—Beat white of two eggs with one-half cup sugar. Spread on top. Then brown.

Miss McCusker.

GINGER STEAMED PUDDING.

1 cup molasses.	1 teaspoon soda.
1 cup sour milk.	1 teaspoon salt.
$\frac{1}{2}$ cup sugar.	Flour enough to make as thick as for sponge cake.
1 cup suet.	

1 teaspoon ginger.

Steam for one and a half to two hours. Never let water go off the boil.

Miss McCusker.

MAPLE MOUSSE.

Put one cup of maple syrup in a double boiler. When hot pour it over three well-beaten eggs. Return to double boiler and cook slowly until thick. Remove from fire and beat until cold. Add one pint of whipped cream. Pour in mould and pack in ice, using more salt than you would for freezing ice cream.

Miss McCusker.

COFFEE CREAM.

1 cup strong coffee. 1 cup sugar.
1 pint cream. 1-3 cup cold water.
½ package gelatine.

Soak gelatine in cold water for 2 hours, pour on coffee boiling hot and when gelatine is dissolved add sugar. Strain into basin which put in pan of ice water. Beat until it begins to thicken, then add whipped cream and mould.

Miss McCusker.

PRUNE WHIP.

One pound prunes washed and soaked over-night. Boil in same water slowly and let prunes absorb most of water. When very soft take from stove and rub through sieve or colander; add three table-spoons pulverized sugar and whites of three well-beaten eggs. Pile whipped cream on top.

Miss McCusker.

STRAWBERRY MOUSSE.

1 pint berries, mashed fine; 1 cup of sugar, put over the berries and let stand 1 hour or until the sugar is dissolved. 1 pint of cream, whipped stiff; about 1 tablespoon of gelatine, dissolved and mixed with the cream may be added if desired. Mix all together, put in mould, pack in ice and let stand 3 hours.

Miss McCusker.

CORN STARCH SOUFFLE.

3 cups hot milk. ⅛ teaspoon salt.
2 tablespoons corn starch. ⅛ cup milk.
2 tablespoons sugar. Whites of 3 eggs, beaten stiff.
Vanilla.

Blend corn starch in cold milk and add to hot milk. Add the ingredients and cook in double boiler one hour.

Mrs. Barr.

OLD ENGLISH PLUM PUDDING.

Pour 1 cup of milk on 1 cup of soft bread crumbs. Mix 1 cup of brown sugar, 1 teaspoon of salt, 1 cup of fine chopped suet, 1 pound raisins, ½ pound of currants, ½ cup of nut meats, ¼ pound mixed citron and candied orange peel. Beat the yolks of 4 eggs, add these to the softened crumbs, then add the sugar and fruit, 1 cup flour, 1 teaspoon each of cinnamon, nutmeg, cloves and mace, sifted together, and last the white of 4 eggs beaten dry. Steam in a buttered mould four hours.

Mrs. L. M. Larson.

SPANISH CREAM.

- | | |
|-------------------------|------------------------------|
| 1 tablespoon granulated | $\frac{1}{2}$ cup sugar. |
| gelatine. | $\frac{1}{4}$ teaspoon salt. |
| 3 cups milk. | 1 teaspoon vanilla. |
| Whites 3 eggs. | Yolks 3 eggs. |

Scald milk with gelatine. Add sugar. Pour slowly on yolks of eggs, slightly beaten. Return to double boiler and cook until thickened, stirring constantly. Remove from range. Add salt and flavoring and whites of eggs, beaten stiff. Turn into individual moulds first dipped in cold water and chill. Serve with cream.

Miss McCusker.

ORANGE CREAM.

- | | |
|---------------------------------|-------------------------------------|
| $\frac{1}{2}$ package gelatine. | 1 tablespoon lemon juice. |
| 1 pint cream, whipped. | 1 cup powdered sugar. |
| 1 cup orange juice (pineapple | 1 cup sugar, with $\frac{1}{2}$ cup |
| or other fruits can be used | water to form a syrup. |
| instead of orange). | |

Soak the gelatine in a little cold water, dissolve with hot syrup, strain, add orange juice, lemon juice and sugar. When cold fold in the cream, line a mould with lady fingers and fill with mixture.

Miss K. Duncan.

PEACH COBBLER.

- | | |
|------------------------------|-------------------------|
| 2 Cups flour. | 2 tablespoons butter. |
| 2 tablespoons baking powder. | 1 egg. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{3}{4}$ cup milk. |

1 quart peeled peaches.

Sift flour, baking powder and salt, rub in the butter, beat the eggs and add the milk. Mix all together. Roll gently until about a quarter of an inch thick. Line the sides of a pudding dish with a strip of the paste. Invert a teacup in centre of dish and place the peaches around it. Sprinkle with sugar and put on the top crust. Bake $\frac{1}{2}$ hour in quite a hot oven. Invert the pudding on a deep platter; the cup will be filled with delicious syrup.

CHARLOTTE RUSSE.

Mix with yolks of 4 eggs 1 cup sugar, add $\frac{1}{2}$ pint milk. Put over fire until it begins to thicken like custard. Do not let boil. Remove from fire, add $\frac{1}{2}$ box gelatine dissolved in $\frac{1}{2}$ pint of water. Put on ice. Stir with paddle till it becomes thick like jelly. Then add 1 pint whipped cream; stir in very lightly. Flavor with vanilla. Mixture should look like sponge cake before it is baked. Line a dish with lady fingers, pour charlotte russe over and place on ice.

Mrs. W. P. Wells.

MAPLE PARAFAIT.

Yolks of 4 eggs beaten light; add 1 cupful maple syrup and cook in double boiler until there is a coating on spoon, stirring constantly. Take from fire and beat with egg beater till cold. Have beaten and on ice 1 pint cream. Mix together, pour on mould and pack in ice and salt for 4 hours. Add walnuts if desired.

PINEAPPLE SHERBET.

2 cups white sugar.

1 cup water.

Let this come to a boil, then add one can grated pineapple, the juice of two lemons. Let cool and just before freezing add the beaten white of one egg.

Miss McCusker.

PINEAPPLE JELLY.

One whole pineapple or one can pineapple. Slice pineapple, add sugar and juice of one lemon. When sugar has dissolved in one large cup hot water, add fruit and a few blanched almonds. Set to cool.

Mrs. Barr.

LEMON SPONGE.

Put 1 oz. gelatine into 1 pint water, add the rind and juice of 2 lemons and $\frac{1}{2}$ lb. loaf sugar and simmer gently for $\frac{1}{2}$ hour. Strain it into a bowl. When cold and beginning to set, stir in the white of 2 eggs, beaten to a fine froth. Whisk it briskly till it is of the consistency of sponge. Pour into a damp mould and turn out before serving.

Miss Marjorie Scott.

CUP PUDDING.

1 egg.

3 tablespoons cream.

3 tablespoons sugar.

$\frac{1}{2}$ small teaspoon soda

$\frac{1}{2}$ small teaspoon baking powder.

A pinch of salt.

Flour to make a nice thick batter. Lay fruit or jam in the bottom of cups and put a good tablespoon of batter on. Steam 1 hour.

Miss Flora Crowder.

PEACHES AND CREAM.

Pour boiling water over the peaches in a granite dish. Let them stand 15 or 20 minutes, then remove the skin and cut the fruit in two. Place the halves in serving dish, sprinkle plentifully with fruit sugar and set in the icebox to chill. Serve with cream.

APPLE CAKE.

Fill up a dish with apples, sprinkle sugar and spice over to taste. Make a cake of the following:

3 tablespoons cream.

3 tablespoons sugar.

1 egg.

$\frac{1}{4}$ teaspoon soda (bicarb).

Spice to taste.

Make into a good thick batter. Then pour over apples and bake in good oven.

Miss Flora Crowder.

ROMAN CREAM.

Boil 4 ozs. ground rice in a quart of milk, add 2 ozs. of butter, 2 ozs. sugar and any flavoring preferred. Stir after the rice is added to the milk, and for 20 minutes after it boils, till it is a smooth custard. Color the rice to pretty pink with cochineal. Spread the bottom of a glass dish with strawberry preserve, and when cooled pour the rice over the jam till the dish is full. Set aside till cold, and then scatter cocoanut over the surface.

Miss Marjorie Scott.

UNCLE TOM'S PUDDING.

Warm $\frac{1}{2}$ lb. treacle.

2 ozs. brown sugar.

$\frac{1}{2}$ lb. flour.

1 teaspoon ginger.

6 ozs. suet.

1 teaspoon allspice.

$\frac{1}{2}$ teaspoon carbonate soda.

With these beat up 2 eggs and a teacup of milk. Add the treacle, stirring well together. Put it into a buttered mould and steam or boil 2 hours.

Miss Marjorie Scott.

BAKED ALASKA.

White 3 eggs.

1 quart brick ice cream.

3 tablespoons fruit sugar.

Thin layer of cake.

Make a meringue of white of eggs and sugar. Cover a board with paper, place cake on it, then unmoulded ice cream on cake (the cake should extend one inch beyond the cream). Cover cream with meringue, spread smoothly and brown quickly in hot oven. Slip from paper on ice cream platter and serve.

LEMON AND APPLE PIE.

One apple chopped fine, grated rind and juice of 1 lemon, 1 tablespoon butter, 1 cup sugar, 1 egg, pinch salt. Bake with two crusts for $\frac{3}{4}$ of an hour.

VEGETABLE PUDDING.

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|----------------|------------------------|
| 1 cup flour. | 1 cup grated carrot. |
| 1 cup sugar. | 1 cup grated potatoes. |
| 1 cup raisins. | Butter size of an egg. |

1 teaspoon carbonate of soda melted in little warm water, cinnamon and nutmeg. Boil $2\frac{1}{2}$ hours.

Mrs. Pithie.

BANANA FLUFF.

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|-----------------------------------|--------------------------|
| 2 tablespoons lemon juice. | 1 teaspoon vanilla. |
| 3 bananas. | 3 eggs. |
| 1 tablespoon grapefruit juice. | 1 teaspoon Sherry. |
| $\frac{1}{2}$ cup powdered sugar. | $\frac{1}{2}$ cup fruit. |

Pour the lemon and grapefruit juice over the peeled bananas and put on the ice for an hour. Mash thoroughly and beat for two minutes. Stir in the sugar and add the whites of the eggs. Beat all until very light. Add the sherry and the vanilla. Fill tall glass half full of peaches or any desired canned fruit and fold in the banana fluff. Top each glass with a maraschino cherry.

CRANBERRY AND RAISIN PIE.

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|------------------------|----------------------|
| 2 cups cranberries. | 1 cup sugar. |
| 1 cup Sultana raisins. | 1 tablespoon butter. |
| 3 cups water. | 1 teaspoon vanilla. |

Put together in a saucepan the cranberries and raisins that have been previously cleansed, the water and sugar. Heat slowly and then cook until thick, watching that the mixture does not burn and stirring it from the bottom occasionally. Add to this the butter cut in small pieces and the vanilla. Bake in an open crust.

RICE PUDDING.

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|--------------------------|-------------------------------------|
| $\frac{1}{2}$ cup rice. | $\frac{1}{8}$ teaspoon salt. |
| 1 quart milk. | 1 teaspoon vanilla. |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ cup seedless raisins. |
| 1 teaspoon butter. | 1 nutmeg. |

Look and wash over the rice, add the milk, sugar, butter, salt, nutmeg and raisins. Put all in a pudding dish and bring to boil over boiling water. Add the vanilla. Put in the fireless cooker for $3\frac{1}{2}$ hours, remove and set in the oven for a few minutes to brown. Serve hot.

PINEAPPLE DESSERT.

- | | |
|--------------------------------|---------------------------|
| 1 tin pineapple, shredded. | 3 eggs, broken in (do not |
| 1 small cup sugar, beaten into | beat). |
| pineapple. | |

Bake in a pan of water until well set. Serve with whipped cream and Maraschino cherries.

Mrs. A. S. Gorrell.

BIEGUETS AUX POMMES.

Peel, core and slice some apples. Make a paste flavored with cinnamon, having it soft enough to stick to the apples. Cover the slices well then drop them into boiling fat and cook until a nice brown. Serve very hot with sugar.

Miss Pootmans.

GATEAU AUX POMMES

Make a paste with $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. shortening, 1 egg, 1 tablespoon olive oil, salt and 1 tablespoon water. Roll the paste with the rolling pin and place upon it 1 cup of sultana raisins, 2 lbs. apples cut in quarters, some sugar and cinnamon. Fold the paste and put it in a well buttered pan. Cook on top of the stove for a short time, then put small piece of butter upon the top and bake for about $\frac{3}{4}$ of an hour.

Miss Pootmans.

LEMON RICE PUDDING

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|---------------|------------------------------|
| 1 quart milk. | 3 heaping tablespoons sugar. |
| 1 cup rice. | Grated rind of 2 lemons. |
| 3 eggs. | $\frac{3}{4}$ teaspoon salt. |

Scald the milk in a double boiler and boil the rice in it until the kernels are very soft. Stir together the yolks of the eggs, the sugar, salt and grated lemon rind. Pour gradually on to this the hot rice and milk, thinning if necessary with a little more milk to make it somewhat thicker than a boiled custard. Turn into a pudding dish and bake in a moderate oven for 10 minutes. Beat the whites of the eggs very stiff, and gradually add to them eight tablespoons of sugar and the juice of the two lemons. Cover the pudding with this meringue, and bake till it is a delicate brown. The lemon juice sinks down into the rice custard and, without curdling it, gives it an unusual and attractive flavor. Serve very cold.

Mrs. Davidson.

SUET PUDDING.

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|-------------------------------|---|
| 1 $\frac{1}{2}$ cups raisins. | $\frac{3}{4}$ cup chopped suet. |
| $\frac{1}{2}$ cup currants. | 1 $\frac{1}{2}$ cups flour. |
| 1 egg. | $\frac{1}{2}$ cup bread crumbs. |
| $\frac{1}{2}$ nutmeg, grated. | Spoonful cinnamon or less. |
| 1 cup granulated sugar. | $\frac{1}{2}$ teaspoon baking soda,
dissolved. |

Steam at least 4 hours. The longer it is cooked the better.

Mrs. Warren.

SANDWICHES

"Better Be On With the New Cook Before Being Off With the Old."

PEANUT BUTTER LAYER SANDWICHES.

Cut white bread in slices $\frac{1}{2}$ inch thick, butter and spread with peanut butter. Press five or six slices together and cut in finger fashion. Chill before serving.

Miss Winnifred M. Styles.

TOMATO SANDWICHES.

Skin tomatoes after dipping them in hot water for two minutes. Lay the slices in a mixture of anchovy sauce, few drops vinegar, a few finely chopped shreds onion, pepper, salt and a little salad oil. Place between slices of buttered brown bread.

BANANA SANDWICHES.

Bananas.

Walnuts.

Mayonnaise.

Mash bananas. Butter thin bread and spread with mayonnaise and bananas, add a little chopped nut meat, cover with second piece of buttered bread.

Miss Winnifred M. Styles.

WALNUT SANDWICHES.

Cream cheese.

Olives.

Salad dressing.

Shredded Lettuce.

Walnuts.

Mix together the cheese, chopped olives and dressing until it is creamy, and then spread on buttered brown or white bread, then add the shredded lettuce and press down with the top slice of bread. On the top place a half walnut, either a little of the filling or some butter will make the nut stick to the bread. Garnish with lettuce and serve cold.

Miss Lucy E. Styles.

EGG AND GHERKIN SANDWICHES.

Chop hard-boiled egg fine and mix with minced gherkins. Spread on thin bread and butter.

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WINDSOR SANDWICHES.

1-3 cup butter.

$\frac{1}{2}$ cup cold boiled ham.

$\frac{1}{2}$ cup cold boiled chicken.

Cream butter, add finely chopped ham and chicken. Season with pepper and salt and a little chopped pickle if preferred. Spread between buttered bread.

Miss Winnifred M. Styles.

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RELISHES

"Who Has Enough Spice May Season His Meat as He Likes."

FRENCH MUSTARD PICKLES.

Cut into small pieces then measure and put into separate dishes and soak in salt and water over night:

- | | |
|--------------------------|---------------------------|
| 1 quart celery. | 6 green peppers. |
| 1 quart cauliflower. | 2 green tomatoes, chopped |
| 1 quart cucumbers. | fine. |
| 1 quart pickling onions. | |

In the morning drain and scald each separately in vinegar and water. Leave cucumbers and tomatoes until the last, as they make the water a little green. After scalding put into a crock and mix all together, then make a dressing of 4 quarts of vinegar, 6 cups sugar, 2 cups flour, $\frac{1}{2}$ lb. best mustard, $\frac{1}{2}$ oz. turmeric. Mix all together, boil until thick, let cool for 15 or 20 minutes, then pour over pickles.

Mrs. Gillespie.

FRENCH TOMATO PICKLE.

- | | |
|---------------------------|------------------------------|
| 1 peck green tomatoes. | 2 tablespoons curry powder. |
| 8 or 10 onions, sliced. | 2 tablespoons turmeric. |
| 1 cup salt. | 2 teaspoons ground cinnamon. |
| 2 quarts strong vinegar. | 2 teaspoons allspice. |
| 1 lb. sugar. | 2 teaspoons mustard. |
| 2 teaspoons whole cloves. | |

Sprinkle salt on the cut tomatoes and onions and let stand 24 hours. Drain well and scald in vinegar and water, half and half, to cover, for $\frac{1}{2}$ hour. Drain again, add vinegar, sugar and spices mixed together and moisten with vinegar. Let simmer until soft.

Mrs. Avery Casey.

PEAR MARMALADE.

- | | |
|------------------------------------|---|
| 8 lbs. pears, cut in small pieces. | $\frac{1}{2}$ lb. preserved ginger, cut fine. |
| 7 lbs. sugar. | 2 lemons, cut in small pieces. |
| $\frac{1}{2}$ pint water. | |

Boil the sugar, ginger, lemon and water together for $\frac{3}{4}$ of an hour, then add it to the pears and cook all together slowly for 2 hours.

Mrs. Avery Casey.

CELERY SAUCE.

1 peck green tomatoes.	12 heads celery.
6 large onions.	1 pint vinegar.

Chop tomatoes, onions, celery, very fine, boil 20 minutes in porcelain kettle, turn into crock. Take

2½ plnts vinegar. 3½ cups brown sugar.
1½ cups mustard. 3 tablespoons salt.
3½ tablespoons curry powder.

Stir together and let come to a boil, then add all together and boil $\frac{1}{2}$ hour.

Mrs. Gillespie.

MEAT RELISH.

1 peck ripe tomatoes.	10c worth mustard seed.
8 large onions.	10 red peppers, seeds
3 heads celery. "	removed.
1 quart vinegar.	½ cup salt.
2 cups brown sugar.	

Chop tomatoes, let drain over-night, throw away liquid. Chop onions and celery and let drain. Chop other ingredients and mix all well together. Bottle and seal. No heating or cooking required.

Mrs. John McIntyre.

SWEET CHOW-CHOW.

4½ lbs. green tomatoes.	3 pints vinegar.
4½ lbs. apples.	1 oz. pepper.
3 lbs. sugar.	1 oz. allspice.
1 oz. cinnamon.	

Boil sugar, vinegar and spices together, then add chopped tomatoes and apples and cook.

GOVERNOR'S SAUCE.

One peck green tomatoes, chopped. Stir in 1 cup salt and let drain over-night. In the morning put in kettle with 12 onions chopped, 1½ lbs. brown sugar, 1 cup green pepper chopped, 1 dessertspoon each cinnamon, cloves, allspice, ginger and black pepper, and 1 small teaspoon red pepper. Cover with strong vinegar and cook.

CHUTNEY.

6 green or red tomatoes.	2 tablespoons salt.
4 onions.	1 cup brown sugar.
3 peppers.	1 cup white sugar.
1 cup raisins.	12 large tart apples.
1 tablespoon mustard.	1 quart vinegar.

Put through chopper and boil slowly until soft.

RUSSIAN BEAR.

Peel ripe cucumbers, remove seeds and cut solid part into small pieces. Soak over-night in salt and water. Drain and boil in vinegar and water, equal parts, sufficient to cover, until the pieces can be perced with a fork. As the pieces of cucumber become soft put them into the bottles. To 1 quart of sharp vinegar add 1 pint of hot water, 2 cups sugar, 1 tablespoon each cinnamon, cloves and allspice. Boil all together and pour over the cucumbers.

GREEN TOMATO PICKLE.

8 quarts green tomatoes. 1½ doz. onions.

1 quart green peppers.

Chop all together, then sprinkle with salt and stand over night. Drain well and cover with good malt vinegar. Let scald ¾ of an hour and add 2 pounds brown sugar. Put the following in thin muslin bag and cook with the rest: 1 oz. cloves, 1 oz. pepper, 1 oz. allspice, ¼ pound mustard seed, 1 tablespoonful ground mustard, 1 tablespoon ground cinnamon. Cook the pickle one hour or more.

Mrs. T. H. Griffiths.

H. M. Hindson
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REFRESHING DRINKS

"Bread at pleasure, drink by measure."

LEMON SYRUP.

Six lemons.

2 oz. citric acid.

5 lbs. white sugar.

1 oz. tartaric acid.

3 pints boiling water.

$\frac{1}{2}$ oz. Epsom salts.

Whites of 2 eggs.

Pour boiling water on sugar. When dissolved add acids and salts, juice and grated rinds of lemons, beaten whites of eggs. Strain and bottle. Keep at scalding point till all ingredients are dissolved, but do not allow mixture to boil. Use a little of the syrup to a glass of water.

VIENNA CHOCOLATE.

Three heaping tablespoons grated chocolate (if cocoa, use more). Mix to a paste with cold water and pour into 4 cups scalded milk. Sweeten to taste and cook for five minutes in double boiler. Add one teaspoon vanilla, remove from the stove and pour the hot chocolate slowly on the beaten whites of two eggs, beating all the time. Serve with whipped cream.

UNFERMENTED WINE.

After picking over and washing one gallon grapes, add 2 quarts water and boil 20 minutes, mash and strain through a sieve, then strain through a jelly-bag twice. Let stand for an hour, then put on stove again and add 1 pound white sugar to every gallon of juice and boil until sugar is dissolved. Then bottle and seal with wax.

Mrs. R. E. A. Leech.

SUMMER DRINK.

1 pint grape juice.

1-3 cup orange juice.

2 bottles ginger ale, or

3 tablespoons lemon juice.

1 pint soda.

Few grains salt.

1 cup juice and pulp fresh
pineapple.

Few grains grated nutmeg.

4 sprigs mint leaves.

$\frac{3}{4}$ cup domino sugar.

With zest 1 lemon and 1 orange, i. e., rub sugar well over rind. Put on ice for an hour to cool and ripen. When ready to serve add crushed ice.

Fannie Merritt Farmer.

FRUIT PUNCH.

Boll one quart water and two cups finely chopped apple for 20 minutes, add half cup lemon juice, one cup orange juice, strain and serve with chipped ice.

FRUIT COCKTAIL.

Cut in $\frac{1}{2}$ and remove seeds of white grapes to make 1 cupful. Peel 2 grapefruit (being careful to remove white skin), cut into small pieces. Peel and cut 2 oranges, 2 bananas. Mix all with juice of 1 lemon and 2 cups of sugar.

EGG LEMONADE.

Beat 1 egg with 1 tablespoon sugar until light, stir in 3 table-spoons cold water and the juice of 1 lemon. Pour this into a glass of pounded ice, and drink through a straw.

SWEETS

"The turnpike road to people's hearts I find
Lies through their mouth or I mistake mankind."

TURKISH DELIGHT.

1 package gelatine. 1 cup cold water.
½ cup warm water. Juice of 1 orange.
4 cups white sugar. Juice of 1 lemon.
1 tablespoon brandy.

Boil sugar and water 20 minutes. Mix orange juice, brandy and lemon juice with warm water and gelatine. Add boiled mixture to second mixture and turn into buttered dish. Let stand over-night, cut into squares and cover with pulverized sugar.

Miss Winnifred M. Styles.

CHOCOLATE CARAMELS.

1 cup brown sugar. ¼ lb. grated chocolate.
½ cup butter. 1 cup milk.
1 cup molasses.

Cream butter and sugar, add chocolate, milk and molasses, beat well together and boil until a portion of it dropped in ice water sets and cracks. Pour into well-buttered tin to the thickness of half an inch. When nearly cold mark into squares with a buttered knife.

Miss Winnifred M. Styles.

TOFFEE.

3 tablespoons golden syrup. 1 dessertspoon butter.
6 dessertspoons brown sugar.

Put syrup and butter into a saucepan and let them simmer a few minutes, then add sugar and boil for 20 minutes or till it is a nice brown color.

Miss Marjorie Scott.

DIVINE DIVINITY CANDY.

2 cups white sugar. 1 cup boiling water.
½ cup corn syrup.

Let boil till brittle when tried in cold water, then pour into beaten whites of 2 eggs. Add nuts and flavoring and candied cherries if desired and beat until creamy.

Miss Amy L. Craig.

WALNUT CREAMS.

1 lb. shelled walnuts.

1 lb. icing sugar.

White of 1 egg.

1 tablespoon water.

Add water to white of egg, stir in sufficient sugar to make a stiff paste, flavor with a few drops of vanilla. Mould into round balls. Divide kernels of nuts in two and when you have formed balls press half a nut on each side, leave to cool.

Miss Marjorie Scott.

MARSHMALLOWS.

3 cups white sugar.

1 box Cox's gelatine.

1 cup water.

1 cup cold water.

2 teaspoons vanilla.

Soak gelatine in cold water 15 minutes. Make a syrup of the sugar and water and pour it over the gelatine. Boil together 10 minutes and stir all the time to keep from burning. Add vanilla and beat with an egg whisk and then a spoon until very thick. Put into mould and stand over-night. Cut into squares and roll in powdered sugar. A cup of walnuts or pineapple (candied) add to the flavor.

Miss Lucy E. Styles.

BUTTER TAFFY.

2 cups white sugar.

1 cup butter.

2 cups corn syrup.

8 tablespoons vinegar.

Boil until a few drops will harden in cold water. Pour into buttered tins and cool. Mark into squares before it gets too hard.

Miss Lucy E. Styles.

SALTED ALMONDS.

1 cup shelled almonds, salt.

2 tablespoons butter or olive oil.

Blanch and dry the almonds, place in a baking pan and put the butter or oil over them. Brown in a moderate oven, stirring frequently. Drain on unglazed paper and sprinkle with salt.

FIRELESS COOKING

Edited By
DR. GRACE ARMSTRONG

The fireless cooker saves time, fuel and worry. The principle of fireless cooking is simply the retention of heat developed by contact with fire. The cooker only holds the heat that you put into it, so the more heat you put into it the better the food will be cooked. A fireless cooker will roast, fry, boil, steam, bake or stew any kind of food.

The metal radiators heat more quickly than the soapstone. Therefore metal radiators should be used for all baking requiring one and one-half hours or less. They are excellent for biscuits, cakes, small roasts and the like. Use the soapstone radiators for the longer, slower cooking, as bread, baked beans, ham, and so on.

The radiators can be heated over gas or on a bed of coals in the range or furnace. blue-flame kerosene stove can also be used, although a slightly longer time is required to heat the stones. It is not practical to heat them over alcohol stoves or by electricity.

Test the radiator with a thermometer made for the purpose which registers 650 degrees Fahrenheit, or with bits of soft white paper. When these turn brown, the stone is hot enough for baking. When they char slightly around the edges it is hot enough for roasting. Fifteen minutes over an ordinary gas burner is approximately enough for baking with the metal plates and twenty minutes sufficient for baking with the soapstone. Add five minutes to each for roasting if the roast is over five pounds. All these tests are more or less rough, but they will be found of very real assistance, especially in first trials with a fireless cooker.

STRAWBERRY PRESERVES.

Make a syrup by using one-third the weight of the fruit in sugar and $2\frac{1}{2}$ to 3 cups of water to each pound of sugar. Boil for 15 minutes. Add the strawberries and place in the fireless cooker, leave two or three hours, using the radiators. Then open and fill the jars immediately. Let the syrup overflow the jars.

Raspberries, blackberries and other berries may be preserved in the same way. Always fill the jars and leave standing for a quarter of an hour. The fruit will shrink and more fruit must be added to fill the jars.

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STEWED BEEF.

Take round of beef, cut in pieces and dredge with flour. Fry in the stewpan some beef dripping and sliced onion. Put in the meat and fry well. Remove to the fireless cooker vessel, then add gradually enough water to cover the meat. Season with salt, pepper, allspice, cloves and mace, a bay leaf and a sliced lemon. Boil 25 minutes, then place in fireless cooker for five hours. Have small radiator heated and place under vessel in cooker if desired.

CORNEB BEEF.

Place meat in vessel containing cold water, bring slowly to a boil and boil one-half hour, skim occasionally. Keep covered tightly and remove to fireless for eight hours, heat radiator 20 minutes. Allow meat to cool in stock or reheat and serve hot.

VEAL LOAF.

3 lbs. lean veal.	Butter the size of an egg.
$\frac{1}{2}$ lb. fat salt pork.	1-3 of a saltspoon of cayenne.
$\frac{1}{4}$ of a nutmeg grated.	2 teaspoons of salt.
1 small onion.	

Chop the meat and onion very fine, mix all together, melting the butter and adding three well-beaten eggs, $\frac{1}{2}$ cup milk. Form into a small loaf, sprinkle with fine dry bread crumbs and bake $2\frac{1}{2}$ hours in fireless roaster. Serve hot or cold.

SPICED CURRANTS.

Use 5 lbs. brown sugar to 7 lbs currants, 3 tablespoons cinnamon, 2 tablespoons cloves, 1 pint vinegar.

Thoroughly pick over currants, wash, drain and remove all stems. Put in large preserving kettle. Add sugar and vinegar to the currants and spices tied in a piece of muslin. Bring to the boiling point and then place in the cooker without radiators. The currants will cook slowly for three or four hours, then bring to the boiling point on the stove and put in jars.

CREAMED CHICKEN.

1 fowl.	2-3 cup cream or milk.
$\frac{1}{4}$ can mushrooms.	Salt.
2 tablespoons flour.	Pepper.

Cut the fowl and let it boil in salted water for 10 minutes. Place in the fireless. If the fowl is very tough it should stay in from eight to ten hours. Drain off most of stock. Pour over fowl a white sauce made of cream or milk, the stock, flour, chopped mushrooms and salt and pepper.

FRUIT CAKE.

$\frac{1}{2}$ lb. walnuts, chopped.	1 cup pastry flour.
1 lb. dates, stoned.	1 cup granulated sugar.
2 rounding teaspoons baking powder.	4 eggs, yolks and whites beaten separately.

Mix yolks in first and roll around till well distributed. Put in whites last of all with teaspoon of vanilla and roll that through the fruit until everything is thoroughly wet. Do not add any milk or water. Place this in round cake tin and then in the fireless cooker with radiator under and another on the top of the rack. Heat radiator 20 minutes or until flour sprinkled on the stove will turn light brown. Bake about two hours.

SALMON LOAF.

1 can salmon.	$\frac{1}{8}$ teaspoon pepper.
$\frac{1}{4}$ cup butter, melted.	$1\frac{1}{2}$ teaspoons salt.
1 cup soft breadcrumbs.	2 tablespoons chopped parsley.
4 eggs.	

1 small bay leaf.

If only hard dry crumbs can be obtained, add $\frac{1}{4}$ cup of water to the recipe, mixing it with the eggs, and soaking the crumbs $\frac{1}{2}$ hour in the mixture. Rub the fish and butter together, add the other ingredients and put all into a buttered 1 quart bread mould or water-tight empty coffee tin or baking powder can. Set the mould in enough cold water to reach two-thirds of the way up its sides. Let this boil fifteen minutes and put into the cooker for one hour. It will not be injured by remaining in the cooker two hours. Or set the mould into boiling water, boil $\frac{1}{2}$ hour and put into the cooker for an hour.

STUFFED ROLLED STEAK.

1 flank steak.	2 tablespoons butter.
1 cup soft breadcrumbs.	$\frac{1}{2}$ teaspoon thyme or summer savory.
1 teaspoon salt.	
$\frac{1}{8}$ teaspoon pepper.	1 tablespoon chopped parsley.

Wash the steak and remove the membrane that covers it, unless that has been done at the market. Make a stuffing of the crumbs, melting the butter and adding the crumbs and other ingredients to it. If the steak is large enough, use more stuffing than one cupful. Spread the stuffing over the meat to within two inches of the edge. Roll and skewer or tie it into shape. Brown it well on all sides in a dry fryingpan, or dredge it with flour and fry it in rendered beef fat. Lay it in a small cooker, pall or pan. Make two cups of brown sauce, or enough to cover the roll. Boil the roll for two minutes and set the pall in a larger pail of boiling water. Put it for five or six hours into a cooker. When it is to be served remove the string or skewer, lay the roll on a platter and pour the gravy over it.

BAKED ONIONS.

To 2 tablespoons flour, a pinch of salt, $1\frac{1}{4}$ cups of cream or chicken stock, 4 tablespoons soft bread crumbs and 1 tablespoon chopped parsley, add 2 tablespoons of melted butter. Boil for five minutes, and add 1 well beaten egg and 12 medium sized onions, par-boiled. Cool slightly and add the beaten whites of 2 eggs. Bake for $\frac{1}{2}$ an hour in the fireless cooker, using two radiators.

Miss Mary S. Mantle.

POT ROAST.

Take $2\frac{1}{2}$ lbs. of beef from the under part of the round, sprinkle with pepper and rub with salt, then let the meat stand for about $\frac{1}{2}$ an hour. Melt 1 tablespoon butter in the fireless cooking utensil, put the meat in, together with some sliced carrot and a bay leaf. Cook for 10 minutes, turning the meat once or twice and adding a little water. Dissolve one or two tablespoons of flour in a little water, add to the meat and bring the whole to boiling point. Put a tight cover on the pot and cook in the fireless cooker for three hours, using one radiator. Be sure and see that the radiator is thoroughly hot.

Miss Mary S. Mantle.



INVALID COOKERY

Edited By
MISS NORA ARMSTRONG

"Health Is Better Than Wealth."
"Diet Cures More Than the Doctor."

CREAM OF CHICKEN SOUP—(H. V. Sachse).

- | | |
|-----------------------------|------------------------------|
| 1½ cups of chicken stock. | ½ teaspoonful of finely |
| ½ cup of milk. | chopped parsley. |
| Yolk of 1 egg, if desired. | A small piece of butter or 1 |
| 1 tablespoon of corn starch | tablespoon of cream. |
| or arrowroot. | Salt to taste. |

Pour the milk and chicken stock into a saucepan, bring to boiling point and stir in the corn starch or arrowroot which has been mixed with a little cold milk. Stir until it thickens, season and add the yolk of egg lightly beaten. Cook a moment or so (below the boiling point, or it will have a curdled appearance). Add the parsley and butter or cream and serve immediately in heated bowls or cups with some form of toast.

MUTTON BROTH.

Select a neck of mutton, remove skin, wipe carefully with a damp cloth, cut into small pieces. Put in a soup kettle and cover with cold water. Bring slowly to boiling point and skim. Now simmer about three hours. Strain, season with salt and cool quickly.

When cold remove all the fat. Reheat and serve. Rice or barley may be added when the broth is first put on the fire, allowing one tablespoon of either to each quart of water.

A bayleaf, one-eighth teaspoon of celeryseed or chopped celery tops may be added one-half hour before removing from the fire.

CHOCOLATE PUDDING

- | | |
|---------------------------|------------------------|
| 1 cup of milk (or water). | 1½ tablespoons of corn |
| White of 1 egg. | starch. |
| 2 tablespoons of sugar. | 1 ounce of chocolate. |

Melt the chocolate in a saucepan over hot water, add the milk hot, stirring all the while until it thickens. Add the sugar and stir in the well-beaten white of egg after it is removed from the fire. Pour into a mould or serving dish. Serve cold with plain or whipped cream.

RICE BALLS.

½ cup of boiled or steamed 1 apple or peach.
Rice.

Wring out of cold water two pieces of gauze or cheesecloth, 10 inches square. Put in the centre of each sufficient rice to make a round the size of a small saucer and about one-fourth inch in thickness. Place in the centre a few slices of peach or apple, dust with granulated sugar and gather the corners of the cloth together and hold in the shape of a ball. Tie tightly, throw into boiling water (the water in which the rice was cooked or plain water). Boil fifteen minutes. Remove the cloths and serve hot with cream, apple, peach or a soft custard sauce.

PEACH SAUCE.

Pare 4 peaches, cut them into slices and place them in a saucepan with just enough cold water to cover the bottom of the pan. Cover and cook quickly until tender (about five minutes). Remove from the fire, strain through a sieve and sweeten to taste. Serve hot or cold with toasted crackers.

ALBUMENIZED EGG.

Break raw egg into basin of cold water and let it soak 12 hours. Strain off water very carefully and poach egg in boiling water with a little salt. It will taste very brittle and melt in the mouth, because the egg is separated by the action of the water into little pieces.

BLACK CURRANT DRINK.

Take 1 good tablespoon of black currant jam, place it in a jug, pour on ½ pint of boiling water, stir thoroughly and cover the top of the jug with a folded cloth. When nearly cold, stir again and strain into another jug through a clean gravy strainer or piece of muslin. Red currant jam can be treated in the same manner.

GRUEL FOR INVALIDS.

Take 1 tablespoon oatmeal, ½ pint water and pinch of salt. Put oatmeal in basin and pour cold water over. Let it soak an hour or more. Press through a strainer into pan, leaving meal as dry as possible. Keep stirring till it boils. Boil very slowly for about 15 minutes. Salt to taste.

GRUEL.

Robinson Patent Groats, 1 tablespoon. Mix with cold water gradually added into a smooth paste; pour into pan containing nearly a pint of boiling water. Stir the gruel on the fire (until it boils) for 2½ minutes. Add salt and sugar if desired.

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While the majority of the receipes in this cookbook are signed, this does not signify that those whose names are affixed are the creators of the dishes. The names are added merely as proof that the recipes are known to be tried and true; also to express a personal interest in the object of this little book. :: :: ::

PLEASANT DRINK.

Robinson's Patent Barley 1 oz., mix with a little cold water into a smooth paste free from lumps. Pour into pan containing 1 quart boiling water, stir this over the fire until it boils; boil 20 minutes or longer. Salt to taste. Flavor with small bit of lemon peel or cinnamon.

LEMON PUDDING.

1 cup of water.

1 egg.

2 tablespoons sugar.

Juice and grated yellow rind

1½ tablespoons corn starch.

of ½ lemon.

Grate off the yellow rind of the lemon into the water. Bring to boiling point, then add the corn starch (which has been moistened with a little cold water). Stir until it thickens. Beat the yolk until light, add to the pudding, and stir over the fire a few minutes (but do not allow it to boil). Remove from the fire and pour slowly into the well-beaten white of egg, beating all the while. Serve cold with toasted crackers or biscuits.



THE DIET OF A CHILD

An outline of the food which should be given a child up to six years of age; and how it should be selected and prepared

As Suggested By
ROSE McELHONE
Child Welfare Nurse

DIET OF A CHILD TO ONE YEAR.

Before 9 months, milk; at 9 months, milk, gruel made of oatmeal or barley; gelatine.

DIET OF CHILD 12 TO 18 MONTHS.

FIRST MEAL, on rising, 1 to 2 ounces juice sweet orange; or pulp of six prunes; or 1 ounce pineapple juice; 8 ounces milk with arrowroot biscuit or stale toasted bread.

NOON MEAL—1. Six ounces soup or 2 ounces beef juice.

Note—Soup may be made of chicken, beef, or mutton.

2. Stale bread may be added to above.

FOURTH MEAL, afternoon—Milk or toasted bread and milk.

EVENING MEAL—(1). Four ounces thick gruel mixed with four ounces top half milk, taken with dry toast.

Note—Gruel may be made of oatmeal, farina, barley, hominy, wheatina, or rice.

2. Apple sauce or prune jelly.

Total milk in 24 hours, 1 to 1½ quarts.

DIET FOR CHILD FROM 18 TO 24 MONTHS.

1. Juice of 1 sweet orange or pulp of 6 stewed prunes, or pineapple juice (fresh or bottled), 1 ounce.

2. A cereal such as cream of wheat, oatmeal farina, or hominy preparations, with top milk (top 16 oz., sweetened or salted), a glass of milk, bread and butter.

Note—If constipated, give the fruits half hour before breakfast, with water; if not, they may be given during forenoon.

FORENOON—A glass of milk with two toasted biscuits or Graham crackers or arrowroot biscuit.

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DINNER—(1). Broth of soup made of beef, mutton or chicken and thickened with peas, farina, sago or rice; or beef juice with stale bread crumbs; or clear vegetable soup with yolk of egg; or egg soft boiled, with bread crumbs; or egg poached, with glass of milk.

(2). Dessert: Apple sauce, prune pulp, with arrowroot biscuits or Graham crackers; or plain puddings, rice, bread, tapioca, blanc mange, junket or baked custard.

SUPPER—Glass of milk, warm or cold; dry toast and custard or stewed fruit.

Total milk in 24 hours, 1½ quarts.

DIET FOR CHILD FROM TWO TO THREE YEARS.

BREAKFAST—(1). Juice of 1 orange, or pulp of 6 stewed prunes or 1 ounce pineapple juice, fresh or bottled, or apple sauce.

2. A cereal such as oatmeal, farina, cream of wheat, hominy or rice, slightly sweetened or salted, as preferred, with the addition of top milk (top 16 oz.), or

3. A soft boiled egg or poached egg with stale bread or toast; a glass of milk.

Note—If constipated, give fruits half hour before breakfast with water; if not, it may be given during forenoon. Milk and raw fruit juice must not be given at the same meal.

DINNER—(1). Broth or soup made of chicken, mutton or beef, thickened with arrowroot, split peas, rice, or with addition of yolk of egg or toast squares; (2) Scraped beef or white meat of chicken or boiled fish (small amount); or mashed potatoes with fresh peas or spinach or carrots; (3) Dessert: Apple sauce, baked apple, rice pudding, junket or custard.

SUPPER—(1). A cereal or egg (if egg is not taken with breakfast) with stale bread or toast; or bread and milk or bread and cocoa, or bread and custard; (2) Stewed fruit.

DIET OF CHILD FROM THREE TO SIX YEARS.

BREAKFAST—(1). Fruits: An orange, apple, pear or stewed prunes; (2) Cereal: Oatmeal, hominy, rice or wheat preparations, well cooked and salted, with thin cream and sugar; or egg, soft boiled, poached, omelet, or scrambled; (3) Milk and cocoa.

DINNER—(1). Soup: Beef, chicken or mutton; (2) Meat: chicken or beef steak or roast beef or lamb chops or fish; (3) Vegetables: Spinach or carrots or string beans, peas, mashed or baked potatoes, beets or lettuce, without vinegar; macaroni, spaghetti; bread and butter, not fresh bread or rolls; (4) Dessert: Custard, rice or bread pudding or tapioca pudding, ice cream (once a week) corn-starch pudding, stewed prunes or baked apple.

SUPPER—(1). Milk toast or Graham crackers and milk, or a thick soup, as pea or cream of celery, with bread and butter; or a cereal and thin cream with bread and butter; (2) Stewed fruit, custard or plain pudding, jam or jelly.

HOW TO CHOOSE FOOD FOR CHILDREN.

Milk is a food that builds tissue and gives heat, hence energy.

Grains (cereals, flour); some vegetables, as peas and beans, and such nuts, as peanuts, also provide for both building and energy. Grains, thoroughly ground and properly cooked, are digestible. They, however, give the intestines longer and harder work.

Meat, eggs, fish, build tissue. Oysters have a composition similar to milk. Poultry is a building food without much fat to disturb the digestion of a young child. Broths are only slightly nutritious.

Fruits and green vegetables promote digestion even when they do not in themselves add much nurture.

HOW TO PREPARE FOOD FOR CHILDREN.

Food must be of good quality, fresh and clean. It must be kept at a low temperature and be protected from dust, flies, and other disease sources. It must be handled only by those that are themselves well.

Raw foods, as vegetables and fruits, should immediately before they are used, be quickly washed in hot water, then plunged into cold. Crispness is thus preserved and freedom from germs secured.

Cooked foods should be freshly prepared. Decomposition occurs when they stand even at a low temperature. Cooked foods when promptly eaten are very wholesome and palatable. Fruits cooked are a little less laxative.

Cold and hot foods serve the body somewhat differently. Cold foods are often refreshing and stimulating without being nourishing; hot sometimes enfeeble the digestive tract and deprive it of vigorous activity. Foods near the temperature of the body with occasional colder and hotter foods seem to promote digestion, hence health. Cold luncheons or suppers do not nourish children.

Cooking for children must be without fat; cooked fat they cannot digest. Cooking must also be very simple, but with flavor. Natural flavors must be developed through cooking. Salt only should be added.

Starch in vegetables and cereals requires high temperature to burst starch granules. Cereals need prolonged low temperature.

Broths from meats require the reverse; prolonged low temperature to extract juices; then high for short time to obtain gelatine.

Meats need high temperature at first when juices are to be retained in meat.



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To Loosen Articles That Have Become Fixed.

If tumblers become fixed, tap gently round with another tumbler, and like magic they will come apart. If a glass stopper is fixed, tap round it with another, and it will be loosened. If two flower pots are fixed, tap with another flower pot. If two iron screws, tap with piece of iron, and so. You will always have the same result. The rule is, tap each article with one of similar kind.

Soles for boots or shoes cut from old felt hats are most comfortable.

To Remove Ink From Linen.

Cut lemon, squeeze its juice upon stain. Then rub with yellow soap and rinse in cold water. Effect almost magical, but must be done at once.

A Breakfast Table Barometer.

A cup of hot coffee is an unfailing barometer, if you allow a lump of sugar to drop to the bottom of the cup and watch the air bubbles arise without disturbing the coffee. If the bubbles collect in the middle, the weather will be fine. If they adhere to the cup, forming a ring, it will be either snow or rain, and if the bubbles separate without any fixed position, changeable weather may be expected.

Tea, coffee, chocolate and fruit stains may be easily removed from tablecloth by placing the stained part while wet over a basin and pouring boiling water over it at once. When nearly dry, press with an iron and no trace of accident will remain.

Flour sprinkled on burning oil will at once extinguish it.

Put a pinch of bicarbonate of soda in the water when boiling salmon. This makes it a beautiful red color.

Never throw away the wooden skewers which come in joints from the butcher, but have them washed and kept in a kitchen drawer. They are useful in cleaning paint, to help the flannel into the niches and corners.

All white vegetables need a little acid; all green, a little soda.

Corks may be made air-tight and water-tight by being immersed in oil for 5 minutes.

A lump of sugar put in the teapot will prevent tea staining any damask, however fine, over which it may be spilt.

How to Get Off a Tight Ring.

Thread a needle, flat in the eye, with a strong thread, pass the head of the needle with care under the ring and pull the thread through a few inches toward the hand. Wrap the long end of the thread tightly around the finger, regularly all down towards the nail to reduce its size, then lay hold of the short end and unwind it. The thread repassing against the ring will gradually remove it from the finger. This never-failing method will remove the tightest ring without difficulty, however swollen the finger may be.

Instead of keeping parsley in water, which turns it yellow, put it in an air-tight jar in a cool place. This will keep it fresh for some time.

Test For Bad Water.

Buy 1 ounce of saturated solution of permanganate of potash. If, when a drop of this is added to a tumbler of water its color changes to brown, it is unfit to drink. If it remains clear slightly rose colored after an hour it is, broadly speaking, safe. This test should always be applied when sore throats are prevalent.

To whiten poached eggs drop a little vinegar into the water.

Never throw away water in which meat or fowl has been boiled, as it is an excellent stock foundation.

To clean a Panama hat, moisten cornmeal with lemon juice and then rub the meal over the hat. Half a lemon will clean a hat in this fashion.

To improve the appearance of boiled fish, rub it over with a lemon before putting it in the water; also remove any scum from the water before removing the fish.

Never throw away crusts or scraps of bread. Dry them, run them through the meat chopper and keep a tin box of them always on hand for scallops and such dishes.

If cream will not beat stiff enough to stand, whip the whites of one or more eggs with it.

The dirtiest frying pan will yield to a few minutes soaking in a weak solution of ammonia water.

When using part of an egg for coffee cover the remaining portion with cold water and it will keep perfectly.

When making a fruit pie if the pie crust is brushed with the white of an egg it will prevent it from being soggy.

A ripe tomato will remove an ink stain from white dresses.

A raw potato finely grated and used instead of soap is good for rough hands.

A little naphtha is often better to take a stain out of a light colored woolen, as it does not leave a ring.

A little flour dredged over a cake keeps a soft icing from running.

Yellow soap and whiting mixed to a thick paste with a little water will stop a leak as effectually as solder.

Never hang a mirror where the sun's rays will strike it, as it acts on the mercury and clouds the glass.

Repeated applications of alcohol will remove grass stains.

Rubber rings of fruit jars will regain their elasticity if soaked in weak ammonia water.

To keep cakes from sticking to the pan put them on newspapers soaked in cold water as soon as they come out of the oven for a few minutes.

To keep bread or cake from burning in the oven put in a tin cup of cold water.

Brighten leather chairs by rubbing them with a little well beaten egg.

Brooms put in boiling water once a week will become tough and durable and last twice as long.

Always sift flour, sugar or spices before measuring. Stir closely packed baking powder or mustard. Measure "melted butter" after melting; "butter melted" before.



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